



# Among Friends

August 2013

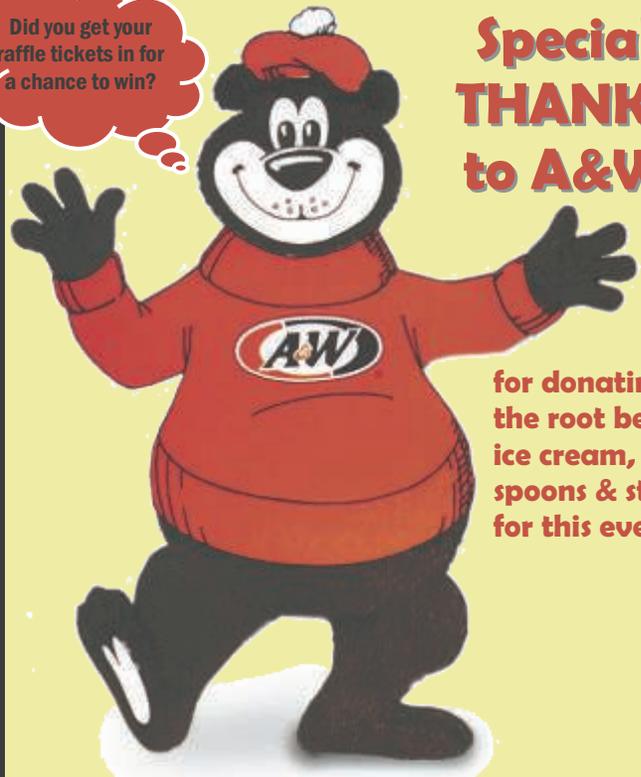


Fond du Lac Senior Center ...where friends meet!

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

ROOT  
ROOT  
ROOT

Did you get your raffle tickets in for a chance to win?



**Special THANKS to A&W**

for donating the root beer, ice cream, cups, spoons & straws for this event!

for the Senior Center and enjoy a tasty



**ROOT BEER FLOAT**

**Thursday, August 29**

**1:00—2:30 p.m.**

**Lakeside Park Pavilion**

**Raffle Drawing at 2:00 p.m.**

**COST: FREE TO ATTEND—*BUT...* \$2 FOR A ROOT BEER FLOAT.**

**RESERVATION FOR ROOT BEER FLOAT IS REQUIRED—**

**REGISTER AND PAY AT THE FRONT DESK BY AUGUST 23.**

# WELCOME TO THE FOND DU LAC SENIOR CENTER

## August 2013



A Free Monthly Publication  
Vol. 4 • No. 8

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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 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.



# let's do lunch

at the  
Fond du Lac  
Senior Center!

The Senior Center is a meal site for the Fond du Lac County Senior Nutrition Program, serving lunch every **Monday–Thursday at 11:45 a.m.** The meal is catered by Feils Supper Club in Randolph and is **available to all seniors** regardless of income, with a **suggested donation of \$3** for those age 60 or over. Registration is required by calling 929-3937 by 1 p.m. at least one day in advance. You can also sign up in advance at the meal site. *If you haven't tried these delicious, nutritious lunches, what are you waiting for? We'd love to have you for lunch...a great way to socialize before or after your activity or meet new friends!*

Each meal includes 2% milk (8 oz.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>JULY 29</b> Swiss Steak Mashed Potatoes Swiss Spinach Applesauce Sliced Bread Vanilla Pudding	<b>JULY 30</b> Crispy Fish Filet Baked Potato Peas/Pearl Onions Fruited Gelatin Dinner Roll Frosted Cake	<b>JULY 31</b> Baked Chicken Twice Baked Potatoes Copper Penny Salad Plum Halves Sliced Bread Oatmeal Raisin Cookie	<b>AUGUST 1</b> Smoked Sausage Red Skin Potatoes Sauerkraut Watermelon Slice Dinner Roll Birthday Cake
<b>AUGUST 5</b> Pork Jaegerschnitzel Mashed Potatoes Tossed Salad Winter Blend Vegetables Sliced Bread Apple Pie	<b>AUGUST 6</b> Chicken Teriyaki Baked Potato Summer Blend Veggies Pear Slices Dinner Roll Fudge Brownie	<b>AUGUST 7</b> Liver & Onions Au Gratin Potatoes Corn Fruit Cocktail Sliced Bread Butterscotch Pudding	<b>AUGUST 8</b> Salisbury Steak Mashed Potatoes Baby Carrots Fruited Gelatin Dinner Roll Frosted Cake
<b>AUGUST 12</b> Swedish Meatballs Mashed Potatoes Spinach Salad with Raspberry Vinaigrette Pineapple Tidbits Sliced Bread Cookie	<b>AUGUST 13</b> Baked Chicken American Potato Salad Peas and Carrots Watermelon Slice Dinner Roll Peach Frozen Yogurt	<b>AUGUST 14</b> Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Applesauce Sliced Bread Cinnamon Roll	<b>AUGUST 15</b> Pepper Steak Red Skin Potatoes Chinese Ramen Cabbage Salad Pear Slices Dinner Roll Key Lime Pie
<b>AUGUST 19</b> Roast Turkey Mashed Potatoes California Blend Veggies Cranberry Gelatin Sliced Bread Vanilla Pudding	<b>AUGUST 20</b> Baked Spaghetti with Vegetables Italian Blend Vegetables Plum Halves French Bread Applesauce Cake	<b>AUGUST 21</b> Orange Glazed Chicken Breast Baked Potato Copper Penny Salad Pineapple Tidbits Sliced Bread Tapioca Pudding	<b>AUGUST 22</b> Beef Frank on a Bun German Potato Salad Corn Mandarin Orange Gelatin Frosted Cake
<b>AUGUST 26</b> BBQ Porklet Red Skin Potatoes Carrots Applesauce Sliced Bread Cookie	<b>AUGUST 27</b> Meatloaf Cheesy Potato Bake California Blend Veggies Honeydew Melon Dinner Roll Ambrosia Dessert	<b>AUGUST 28</b> Baked Chicken Twice Baked Potatoes Three Bean Salad Peach Slices Sliced Bread Fudge Brownie	<b>AUGUST 29</b> Hawaiian Meatballs Baked Potato Peas/Pearl Onions Fruit Cocktail Dinner Roll Creamsicle Torte

Visit us online at [www.fdl seniorcenter.com](http://www.fdl seniorcenter.com)

# RAFFLE REMINDER...GET YOUR TICKETS IN NOW!

YOUR SUPPORT WILL MAKE THIS A SUCCESS  
Who will be the BIG winner in this year's Annual Raffle?

## IT COULD BE YOU!

Have you turned in your tickets  
from the June newsletter?

**OVER \$5000**  
in CASH and PRIZES  
to be awarded!

Enter to  
**WIN**

See page 11 for a complete listing of raffle prizes.

**DRAWING: Thursday, August 29, 2013, at 2 p.m. at the ICE CREAM SOCIAL**  
held at the Lakeside Park Pavilion (see the cover of this newsletter for details).

### 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 September's *Among Friends* newsletter is Monday, August 5. Submit information to Judy Lange.

### Up-to-Date Information



Tune in to KFIZ-AM *The One You Depend On* 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. **3**

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### CALVARY CEMETERY

Darlene Hoffmann, Mgr.



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W6606 Hwy 23W  
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OPEN TO THE PUBLIC



- Friday Fish Fry
- Wedding Receptions
- Banquets & Dinner Meetings

795 Fond du Lac Avenue

Phone (920) 921-1290  
Web [www.kchallfdl.com](http://www.kchallfdl.com)



\* **Senior Wellness** \* **Independent Living**  
\* **Assisted Living** \* **Skilled Nursing Facility**

Fond du Lac Lutheran Home | Post-Acute Center | St. Peter's Place  
Tarfa Terrace Assisted Living | Wellness & Rehab Center  
DeNeveu Creek Retirement Community

[www.lutheranhomesfonddulac.org](http://www.lutheranhomesfonddulac.org)  
**920-921-9520**



### Langholff

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Accepting New Patients

Same Day Appointments

**922-9229**

**73 E. 1st Street**

[langholffchiropractic.chiroweb.com](http://langholffchiropractic.chiroweb.com)

Alzheimer's Disease  
and Related Disorders Assoc. Inc.



**1-800-272-3900**

A source of information and help

### JACK TWOHIG'S CARPET ONE

600 Fond du Lac Ave.  
Fond du Lac, WI 54935

**(920) 921-8940**

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# UPCOMING PROGRAMS

## BAGELS WITH BEN

Hosted by: **Ben Baertschy**

Financial Advisor with Edward Jones Investments

Have a bagel and chat with Ben on the **1st Monday of each month at 9 a.m.** Ben will be joined by a different guest speaker each month to address specific investment topics. This is an *informational presentation*—no pressure or obligation! Ben will also be available to answer any questions you may have on any investment topic.

**AUGUST 5 : Robin King, CPA** Topic: New tax laws

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



## CARFIT OFFERS FREE LUNCH



Helping Mature Drivers Find Their Safest Fit

**Thursday, August 8, from 10—noon**  
**Appointments are just 15 minutes!**

Personal mobility is critical to safe driving. As we age, changes in our vision, flexibility, strength, range of motion, and even height, may require vehicle modifications to help us feel more confident and



comfort-able behind the wheel. This community service CarFit Program could help.

CarFit is a national program designed to give seniors a quick comprehensive check on how well

an older driver and their vehicle work together. Trained volunteers will review a CarFit check list for a better "fit" for the driver, which will provide the driver with greater comfort and better vehicle control. A 15 minute appointment is needed—call the Senior Center at 322-3630 to register.

**This is a FREE service. Participants will also receive a Senior Dining Program FREE LUNCH coupon!**

## LONG DRESS DAY

**Thursday, August 15**

Ladies—do you have a "maxi dress" (long summer dress) or skirt just hanging in your closet waiting to be worn? Here's your chance to wear it! Just for fun, wear a long dress or skirt when you come to the Senior Center on Thursday, August 15.



## CANDY BAR BINGO

**Friday, August 9, from 2—3 p.m.**

**Bring your grandchildren!**

This is a FREE Intergenerational *annual* event that has become popular with kids and seniors alike. It is open to all seniors and their grandchildren, great-grandchildren, or any other special youngsters. Seniors can also come without bringing children— but **FUN!** children must be accompanied by an adult. We'll have all sizes of candy bars as prizes for an hour of *sweet fun*. Call the Senior Center at 322-3630 by Monday, August 5, to attend. For planning purposes, please indicate how many children you will be bringing.



Frightening Facts About

## IDENTITY THEFT

**Thursday—August 22, at 1 p.m.**

**David Thiel & Misty Snyder, Associated Bank**

**Yes—it could happen to you...Protect yourself!**

It's a risk you face every day. Simply by carrying your credit card and driver's license, buying lunch with a debit card or making a purchase online, you could be exposing yourself to identity theft—one of the fastest-growing crimes in the world.

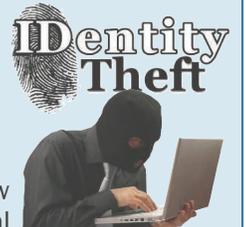
Important things to know about identity theft:

- Hackers are always one step ahead.
- It's spreading like wildfire.
- It's getting harder to detect.
- It's not easy to erase.

Arm yourself!

In this presentation you will learn how others can get access to your personal identification information, how you can protect yourself, and what to do if you become a victim.

This is a FREE informational program open to all ages. Light refreshments will be served. For planning purposes, please register by calling the Center at 322-3630 by August 19.



## VOLUNTEER RECRUITMENT

**Thursday—August 22, from 2—3 p.m.**

**See page 19 for more information.**

## SALAD POTLUCK

**Build Your Own Salad Luncheon**

**Friday—August 23, at Noon**

Sign up at the front desk to bring a specific salad ingredient. Space is limited to 40—so early sign up is encouraged.



**Potluck**  
**LUNCHEON**

# UPCOMING PROGRAMS

## POOL LEAGUE MEETING

Friday, September 6, at 9:00 a.m.

### RACK 'EM UP!

An organizational meeting will be held at the Senior Center to discuss the details of the fall pool leagues. Again this year there will be two pool leagues: an 8-ball league



on Tuesday mornings and a 9-ball league on Wednesday mornings. The organizational meeting will take place in the



main activity room. Light refreshments will be served. If you would like to participate in pool leagues this year, be sure to attend the meeting or contact Assistant Director Judy Lange at 322-3633 if you would like to shoot,

but can not attend the meeting. Sign up sheets are also on the pool room bulletin board.

## MAKING POTATO NECKLACES

Friday—September 6, at 1 p.m.

with Lynn Swette

Potatoes are an unlikely material for making jewelry but Lynn Swette uses the vegetable we most readily associate with fries to make her funky adornments. You may have seen her colorful creations for sale in the Senior Center's This 'n That Craft & Gift Shoppe. Naturally, Lynn's unusual creations have attracted not just admiration but the inevitable quips that she hears all the time like, "Can I eat it if I get hungry?"

Lynn will host a workshop to teach participants how to make these fun and creative pieces. All supplies needed to make two necklaces (one to make at the workshop and one to finish at home) will be provided. The cost to attend is \$5 and pre-registration is required. Call 322-3630 or register at the front desk by Friday, August 30, to participate in this fun activity. All ages welcome!



## BANANA SPLIT BINGO

Tuesday, September 10 ~ 1–3 p.m.

### WE'RE GOING BANANAS!

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



**JOIN US FOR BINGO AND A SWEET TREAT!**

## DRIVER SAFETY CLASS

Tuesday, September 17

8:30 a.m.—12:30 p.m.

(deadline to register: Thursday, September 12)

This one-day senior driver refresher course consists of ALL IN-CLASS learning – NO tests and NO driving. The cost is \$12 for AARP members (bring your card); \$14 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. For 35 years, it has helped millions of drivers remain safe on today's roads. The program is a 4-hour classroom refresher that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

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

For more information or to register, call 322-3630.



Stay tuned for more information regarding these upcoming programs and events...

**Bob Ross Painting Class**

**Cheryl Fisher, instructor**

**Choose from two class dates:**

**Saturday, October 12, or Sunday, October 13**

**A Craft Fair will be held at the Senior Center on Saturday, October 19. Crafters Welcome! See Pat Lefeber, Craft Shoppe Coordinator, or call her at 322-3638, if you would like a booth. There is a \$15 booth fee which will benefit the United Way.**

# WE'VE GOT CLASS! REGISTER NOW!



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held in at the Senior Center, are taught at a relaxed pace and are open to ALL ages. **HOW TO REGISTER:** Register at MPTC in person (use the C-1 Entrance) or by telephone at 922-8611. Classes often fill fast—early registration is recommended.



Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

## MPTC BASIC COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS /	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST
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### COMPUTER BASICS 1

\*Each student is required to bring a jump drive to class

103-483-20772	T, W, R	November 12, 13, 14	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
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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

\*Each student is required to bring a jump drive to class

103-485-20773	Thursday	September 5, 12, 19	3 weeks	1:00—4:00 p.m.	9 hours	Karen Beaman	\$4.00	\$34.55
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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

\*Each student is required to bring a jump drive to class

103-490-20774	T, W, R	October 15, 16, 17	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

### BEGINNING DIGITAL CAMERAS

203-640-20746	Tuesday	August 6	1 time	9:00 a.m.—1:00 p.m.	4 hours	JoAnne Smith	\$19.15	\$24.20
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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 email or over the internet.

### INTERMEDIATE DIGITAL CAMERAS

203-641-20771	Tuesday	October 15	1 time	1:00—5:00 p.m.	4 hours	JoAnne Smith	\$19.15	\$24.20
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Discover tools to improve both your digital pictures and your digital photography skills.

### DIGITAL PHOTO FUN

203-625-20748	Thursday	August 8	1 time	9:00 a.m.—1:00 p.m.	4 hours	JoAnne Smith	\$19.15	\$24.20
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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

\*Each student is required to bring a jump drive to class

103-669-21789	Monday	August 26	1 time	1:00—4:00 p.m.	3 hours	JoAnne Smith	\$19.15	\$24.20
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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 pinboards and get inspiration from others who share your interests.

# MPTC COMPUTER CLASSES FOR RECREATION

COURSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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## SETTING UP YOUR FACEBOOK PROFILE

103-668-21706	Tuesday	August 27	1 time	9:00 a.m.—1:00 p.m.	4 hrs.	JoAnne Smith	\$19.15	\$24.20
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an e-mail account.

## CONNECTING ON FACEBOOK

103-679-20633	Wednesday	August 7	1 time	Noon—4:00 p.m.	4 hrs.	JoAnne Smith	\$19.15	\$24.20
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. Learn how to find friends and share your favorite photos with others.

## USING CRAIGSLIST

103-603-21495	Tuesday	September 17	1 time	Noon—4:00 p.m.	4 hrs.	Karen Beaman	\$19.15	\$24.20
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Learn about buying and selling items on Craigslist, including how to get started, how Craigslist works, understanding the options for listing and paying for items, and developing an awareness of security issues.

## IS THE iPad FOR YOU?

103-606-21704	Monday	August 26	1 time	9:00 a.m.—Noon	3 hrs.	JoAnne Smith	\$19.15	\$24.20
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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 games, watch movies, and listen to music—all with limited computer knowledge. Find out what decisions you need to make prior to purchase.

## INTRODUCTION TO USING THE iPad

103-607-21762	M, T, W	September 23, 24, 25	3 days	1:00—4:00 p.m.	9 hrs.	JoAnne Smith	\$41.88	\$54.50
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Learn how to use the iPad including how to set it up, how to find, install and use productivity and entertainment apps, how to access the Internet and use email, how to create files, and tips on how to perform useful functions and enjoy other features. You will need to have your own iPad.

## SMART VACATION—TRAVEL WISCONSIN

891-600-20785	Wednesday	September 11	1 time	1:00—4:00 p.m.	3 hrs.	Karen Beaman	\$19.15	\$24.20
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Discover wonderful opportunities for affordable, fun and interesting vacations for all ages in our own beautiful state.

# OTHER MPTC RECREATIONAL CLASSES

## BEGINNING YOGA

807-600-20783	Thursday	Sep. 5, 12, 19, 26, Oct. 3, 10	6 weeks	10:30—11:30 a.m.	6 hrs.	Jeanne McDowell	\$26.73	\$34.30
807-600-20784	Thursday	Oct. 17, 24, 31, Nov. 7, 14, 21	6 weeks	10:30—11:30 a.m.	6 hrs.	Jeanne McDowell	\$26.73	\$34.30

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Students should bring a yoga mat or blanket.

## QUILTING PROJECTS FOR PROFIT—WORKSHOP

301-413-21408	Thursday	October 3, 10	2 weeks	1:00—4:00 p.m.	6 hrs.	Beth Herriges	\$4.00	\$22.33
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Learn specialized techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual projects.

# HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

## BIG BAND DANCING

Sunday—October 13

Cotton Exchange—  
Waterford, WI  
COST: \$56



Country charm & casual elegance surround you as you savor the taste of history of the beautifully restored turn of the century barn. Built in 1881 by the Kempken family, the original historic barn was of the most modern styling in its day. Destroyed by fire, it was lovingly rebuilt with hand-hewn 12" x 12" wooden beams on the existing fieldstone. After surviving over 100 years of change, the historic structure was recently acquired by the Foster family. Known for their long standing tradition of providing unsurpassed southern cuisine and hospitality, the Cotton Exchange is the culmination of their decades of experience.

### ~PLATED LUNCHEON ENTRÉE~

Garden Salad with Choice of Dressings  
Chicken St. Claire (Chicken Breast Stuffed with Asparagus, Ham, and Provolone Cheese and Topped with a Chardonnay Cream Sauce)  
Seasoned Smashed Potatoes, Vegetable du jour,  
Freshly Baked Rolls & Butter, House Dessert  
Coffee, Tea and Milk

Dancing follows with the Jerry Miller 17-piece band playing 40s, 50s, & 60s Music. The Mood Swing Orchestra has an extensive collection of music from the 40's, 50's and 60's all the way into today's big band charts. It's the music that we love to DANCE to, and music that is just plain great to LISTEN to. Leave: 9:45 a.m. Home: 5 p.m.



## OTHER UPCOMING TRIPS

NATIONWIDE TRAVELERS FALL SHOWCASE SHOW  
featuring NEW ODYSSEY  
Sunday—November 17  
Appleton, WI COST: \$57

CLAUSON FAMILY CHRISTMAS ON THE FARM  
Friday—December 6  
Coloma, WI COST: \$64

JINGLE BELL DOC with DOC SEVERNSON  
Friday—December 13  
Fox Cities PAC COST: \$99

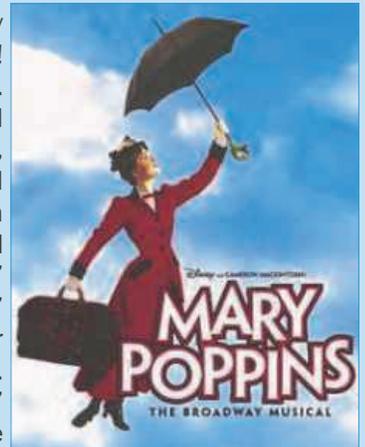
## MARY POPPINS

Wednesday—October 30

Marriott Theater—Lincolnshire, IL  
COST: \$72

### A Supercalifragilistic Hit!

The world's favorite nanny arrives on the Marriott stage! *Mary Poppins*, based on P.L. Travers' beloved stories and the classic Disney film, features a magical score and thrilling dancing with "Chim Chim Cher-ee," "A Spoonful of Sugar," "Feed the Birds," and "Let's Go Fly a Kite" coming to life in front of your eyes for the very first time. Come spend a "Jolly Holiday" with Mary and an irresistible cast of characters. Dutch treat lunch stop at the Avalon Restaurant and dinner stop at Culver's. Leave: 8 a.m. Home: 8:30 p.m.

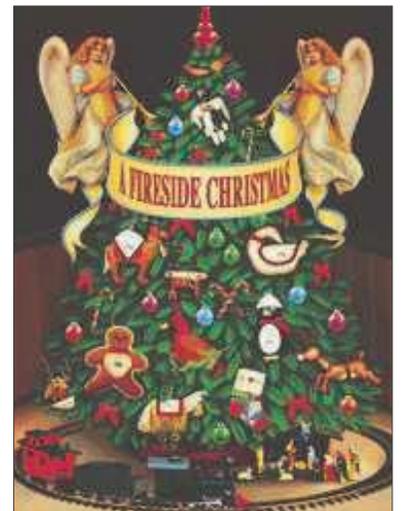


## A FIRESIDE CHRISTMAS

Wednesday—  
November 6

Fireside Theater—  
Fort Atkinson, WI  
COST: \$95

For almost twenty years, the Fireside has presented the area's most beautiful and original musical revues in celebration of the most joyous holiday of the year. Each year this Christmas offering has become, without question, the most popular and sought-



after show of the season. It's always gorgeous; it's always entertaining; it's always filled with inspiration and love. It always has a new look, a new sound, new music, new choreography, new costumes, new settings, and a new, fabulous cast of performers. What doesn't change from year to year is the everlasting dedication to artistic quality and the true meaning of Christmas. Includes a fabulous lunch at the Fireside. Leave: 8:15 a.m. Home: 6 p.m.

# HAPPY TRAVELERS

## OVERNIGHT GAMBLING

September 3—4

- Keshena
- Bowler
- Wittenberg

Cost: \$105 Double occupancy  
\$132 Single occupancy



Sign up Now!

### Includes:

- Motorcoach transportation
- \$10 Casino Play at Menominee Casino, Keshena
- Overnight stay at North Star Mohican Casino, Bowler with \$20 Casino Play and \$5 Breakfast Coupon
- \$15 Casino Play at Ho-Chunk Gaming, Wittenberg
- Family-style dinner at Robbin's Restaurant, Oshkosh

Menu: Pineapple Glazed Ham, Slow Roasted Turkey with Dressing, Home Style Mashed Potatoes, California Medley Vegetables, Fresh Garden Salad, Cracker Basket, Fresh Dinner Rolls, Ice Cream and Coffee, Tea or Milk

Leave: Tues. 9/3 at 7 a.m. Home: Wed. 9/4 at 6:30 p.m.

## ONEIDA CASINO DAY TRIPS

WEDNESDAY, AUGUST 28

Dinner at SCHWARZ'S in St. Anna

THURSDAY, SEPTEMBER 19

Dinner at BLANCK'S LAKE AIRE

THURSDAY, OCTOBER 31

Dinner at JIM & LINDA'S in Pipe

COST: \$54 includes: \$25 for gambling,  
fantastic dinner, bus transportation & FUN!  
Leave: 10 a.m.; Home: 7 p.m.



Sign up Now!

before the seats  
fill up and  
YOU'RE OUT  
OF LUCK!

9

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- Mental Health Care/Specialized Services

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- Respite Care
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920-933-3600



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on the Ledge

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921-4381 or 921-0580

# SENIOR WELLNESS MORNING

Senior Wellness Mornings are held at the Fond du Lac Senior Center 151 E. First Street, Fond du Lac

## HEARING LOSS: EARLY DETECTION & TREATMENT FRIDAY, AUGUST 9



- DOOR PRIZES
- HANDOUTS
- REFRESHMENTS

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

### 10–11 a.m.

#### **Speaker: Andy Karau**

Hearing Instrument Specialist  
Avada Audiology & Hearing Care

Andy is a Wisconsin State licensed practitioner, working with Avada for the past 7 years. With integrity and compassion, he is committed to helping the hearing impaired lead a fuller life.



### 9–10 a.m.

#### Health Screenings:

- Blood Pressure  
Generations Home Care & Hospice
- Blood Sugar (Fast required)  
Lutheran Homes & Health Services
- Hearing  
Avada Audiology & Hearing Care
- Tandem Gait Check  
Dr. Scott Suprenand, Wink Chiropractic

#### Health Info Booths:

- Aging & Disability Resource Center (ADRC)
- Alzheimer's Association
- Arrow Lift (Stair Lifts)
- Brooks Shoes & Repairs
- East Wind Acupuncture
- Generations Home Care & Hospice
- Rehab Arisces

#### Demonstration:

Country Line Dancing (Mike Seuer, instructor)

Hearing loss is one of the most common conditions affecting older adults. Approximately 17%, or 36 million, of American adults report some degree of hearing loss. There is a strong relationship between age and reported hearing loss: 18% of American adults 45-64 years old, 30% of adults 65-74 years old, and 45% of adults 75 years old, or older, have a hearing impairment. Men are more likely to experience hearing loss than women.

Some people may not want to admit they have trouble hearing. Older people who can't hear well may become depressed or may withdraw from others to avoid feeling frustrated or embarrassed about not understanding what is being said. Sometimes older people are mistakenly thought to be confused, unresponsive, or uncooperative just because they don't hear well. Hearing problems that are ignored or untreated can get worse. If you have a hearing problem, you can get help. Learn the effects of hearing loss and how early detection and treatment can help you lead a fuller life.

If you suffer from hearing loss, you may be eligible for compensation, including money for hearing aids, if the hearing loss was at least partially caused by your work. Andy will also discuss the Worker's Compensation process and the eligibility criteria to submit a claim.

# RAFFLE PRIZES

Annual fundraiser sponsored by the Friends of the Fond du Lac Senior Center

## TOP PRIZE \$500 Cash donated by *J.F. Ahern Co.*

- \$400 Cash *Zacherl Funeral Home*
- 4 Rounds of Golf with Cart – value up to \$276 *South Hills Golf & Country Club*
- 6' Portable Park Bench – value \$238 *BCI Burke*
- Diamond Pendant Necklace (Sterling) – value \$195 *The Goldsmith*
- \$150 Gift Certificate *Busy Acres Nursery*
- Gift Basket – value \$150 *Lake View Estates*
- 4 Rounds of Golf – value up to \$148 *Whispering Springs Golf Club*
- Night Stay – value up to \$130 *Holiday Inn*
- Brewers Tickets – value \$112 *KFIZ*
- \$100 Cash *Calvary Cemetery*
- \$100 Cash *Michels Corporation*
- \$100 Cash *Niagara Investments / Joe Ziegler*
- \$100 Cash *Uecker-Witt Funeral Home*
- Handmade Noah's Ark with animals *Waupun Correctional Institute*
- \$100 Kwik Trip Gas Card *Fox Valley Savings*
- Night Stay – value up to \$100 *Comfort Inn*
- Two Club Level Game Tickets *Milwaukee Brewers*
- \$75 Gift Certificate *C.W. Smith Jewelers*
- 4 Rounds of Golf *Oakgreen*
- Silk Floral Basket *Kremer Pharmacy*
- Gift Package *Gallery & Frame Shop*
- Spa Package *Techniques Salon & Spa*
- \$50 Gift Certificate *Krail Jewelers*
- \$50 Express Gift Card *Korneli's Express*
- Donald Driver Photo Plaque *Carey Frameworks*
- Autographed Team Football *Green Bay Packers*
- Gift Basket *Horicon Bank* ..... \$50 VISA Gift Card *National Exchange Bank*
- Studio Session & 8x10 *Flohr's Photography* ..... Watkin's Sampler Basket *Bob Hanke*
- \$35 Gift Certificate *Renaissance Salon & Spa* ..... Gift Basket *American Bank*
- \$25 Gift Card (5 prizes) *A&E Jewelers* ..... \$25 Gift Certificate *Gilmore's Liquor*
- \$25 Gift Certificate *Personal Touch* ..... \$25 Gift Certificate *Kathryn's Nail Salon*
- \$25 Gift Card (2 prizes) *Gift 'n Gab* ..... \$25 Gift Certificate *Stuart's Landscaping*
- \$25 Gift Card *Silica Appliance & TV* ..... \$25 Gift Certificate *TJ's Harbor*
- \$25 Gift Certificate *Wood's Floral & Gifts* ..... \$25 Gift Certificate *Wood Sampler*
- One Month Membership - Wellness Center *Lutheran Homes & Health Services*
- \$20 Gift Card *Fat Bruce's* ..... \$20 Gift Card *Gino's Italian Restaurant* (2 prizes)

Numerous prize packages featuring gift certificates and prizes from area restaurants & businesses:

*Backyard Grill; Blanck's Lake Aire; Confection's by Joel; Cool River Sports Grill; Domino's Pizza; Fat Joe's Bar & Grill; Friar Tuck's; Haentze Floral & Gifts; Hounsell's Greenhouse; Hunters Point; Jet Stream Car Wash; Ledgeview Lanes; Living Light Studio; Main Exchange; Northwinds Supper Club; Philly's on 4th; Pick 'n Save; Players Club; Pump & Pantry; Red Cabin at Green Acres; Salty's Seafood & Spirits; Schmitt's Oar House; Sebastian's Steakhouse; Sheriff's Dept. Taycheedah Correctional Institute; Wendt's on the Lake and more!*

Special thanks to *Mach Funeral Chapel & Crematory* and *Grande Cheese*  
for sponsoring the printing of the raffle tickets!

Have you turned in your tickets from the June newsletter?

**2013**  
**RAFFLE TICKETS**  
ARE ALSO FOR SALE AT  
THE SENIOR CENTER  
FRONT DESK

Don't miss out on your chance to win one of these great prizes!



# MONTHLY MOVIE

2 SHOWINGS!

## "SAFE HAVEN"

Thursday, August 8 OR Monday, August 19



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

**MENU AUGUST 8:** Salisbury Steak, Mashed Potatoes, Baby Carrots, Fruited Gelatin, Dinner Roll, Frosted Cake and Milk

**MENU AUGUST 19:** Roast Turkey, Mashed Potatoes, California Blend Vegetables, Cranberry Gelatin, Sliced Bread, Vanilla Pudding and Milk

### 12:30 p.m. Movie: "SAFE HAVEN"

**YOU KNOW IT WHEN YOU FIND IT...**

When a mysterious young woman arrives in a small North Carolina town, her reluctance to join the tight knit community raises questions about her past. Slowly, she begins putting down roots, and gains the courage to start a relationship with a widowed store owner with two young children.

But dark secrets intrude on her new life with such terror that she is forced to rediscover the meaning of sacrifice and rely on the power of love. Romantic thriller based on the novel by Nicholas Sparks. **Stars:** Julianne Hough, Josh Duhamel. 2013, Rated: PG-13, 115 min., Romance.

**You must register separately for each activity.** Call 929-3937 by 1 p.m. on the day before (or on Friday for a Monday movie) 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.

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

### FOR RENT – ELDERLY HOUSING

One Bedroom Units • Rent based on Income  
No Asset Limitations

#### Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

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

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

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

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

#### Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

For more information call: Fond du Lac Housing Authority  
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM

Recognized by HUD as a High Performer in management and maintenance.

### NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac  
CALL RHONDA AT (920) 929-9270

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-Certain Income Guidelines Apply-

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Apartments Available

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All Utilities Included (Except Electric)  
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Social Service Coordinator

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55 North Portland St.  
Fond du Lac, WI

# 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

No meetings in summer months

Thursdays at 1:00 p.m. resumes in fall

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): ManorCare

1st Tuesday (even months): Hospice Advantage

2nd Tuesday: Comfort Keepers

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Estates

4th Tuesday (odd months): Shepherd Law Office

Looking for sponsor s: 4th Tuesday of even months, and the occasional 5th Tuesdays

THANK YOU to NEW sponsor—ResCare HomeCare!

## BOOK CLUB

3rd Monday at 9:30 a.m.

No August meeting  
September 16

Three Weeks with  
My Brother

by Nicolas & Micah Sparks

October 21

Into Thin Air

by Jon Krakauer

Book synopses available at front desk.



An apple a day is good for the body.

A chapter a day is good for the mind...

## BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays at 12:45 p.m.

For information or to play, call the Senior Center at 322-3630.

## 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.

Date Performers

August 7 Bob & Marilyn (DJ/karaoke)

August 14 Roger (accordion) & Eddie (guitar)

August 21 Leota (accordion), Gerry (guitar) & Syl (vocals)

August 28 Carl (concertina) & Gerry (guitar)

## DOMINOES

3rd Wednesday at 12:30 p.m.

## GERMAN CLUB

No meetings in summer months

Wednesday at 1:00 p.m. resumes in fall

## HAND & FOOT (Card Game)

Wednesdays at 1:00 p.m.

## 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

8 Ball & 9 Ball Leagues will resume in fall

## QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

## ROMEOS

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

Thursday, August 1, at noon  
Schmitt's Oar House

Thursday, September 5, at noon  
Casa del Tequilla  
(NEW! 525 Peters Ave.)

## 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

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays at 1:15 p.m.

Black Queens

## SKAT

Tuesdays at 9:00 a.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## STITCHERY CLUB

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

## SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Center if attending.

Friday, August 16

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

Players Club, Rose-Eld Road, Ripon

Directions and carpooling available. Let us know when you call if you need a ride.

## 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 and time; Friday afternoon League Play resumes in the fall

## 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.

Dave Jackson at 923-5233 for more info.

## WOODCARVERS GROUP

Mondays at 9:00 a.m.

## WRITERS GROUP

No meetings in summer months

Fridays at 1:00 p.m. resumes in fall

# HEALTH & WELLNESS

## City Bike Ride

Join us on **Wednesday, August 14, at 10 a.m. at the Lake DeNeve Shelter at Lakeside Park.** From there, you'll bike to the County Garage and return along the east branch of the Fond du Lac river. The ride will be 8–10 miles and totally on pavement, no gravel trails or roads. **Call 322-3630 to register.** 50¢ Donation. For cancellations on ride day, call Caroline Dilling at 922-3561 by 9 a.m. so that the group does not wait for you. Rain date: August 21.



## EXERCISE CLASSES

### LOW IMPACT CHAIR EXERCISE

with **Jaime Roth**

**Mondays 9:00 – 9:30 a.m.**

Sponsored by **All About Life**

### CHAIR EXERCISE VIDEO

**Men & Women Welcome!**

**Wednesdays 10:15 – 10:45 a.m.**

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

## TAI JI

A new Tai Ji session **begins August 20 and ends October 8.** The classes meet on **Tuesday morning 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. You will get a good mile workout every time you come.

## OTHER EXERCISE

Hikers .....Tuesday & Thursday mornings  
 Line Dancing ....Thursdays; 6–7:30 p.m.; \$10 for 4 weeks  
 Beginning Line Dancing .....Thursdays; 10–11:30 a.m.  
 .....\$7.50 for 3 weeks  
 Water Exercise ..... Daily 8 a.m. at the Aquatic Center  
 .....\$3.75 per session  
 Zumba Gold ..... Monday evenings 5:30 to 6:30 p.m.  
 Summer Schedule: August 26.  
 \$5 walk ins. Call 920-606-9078 for info.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Generations Home Care & Hospice

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

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

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

### CHOLESTEROL SCREENING

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

**Tuesday, August 13; from 8:30– 11 a.m.**

*2nd Tuesday in February, May, August, November*

Cost: \$20; Call 322-3630 for appointment. *12-hour fast required.*

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

**Thursday, August 8, 15, 29,**

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

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, August 9; from 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, August 27; 10:00 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, August 13; from 8:30 – 11 a.m.**

*2nd Tuesday in February, May, August, November*

Cost: \$40; Call 322-3630 for appointment.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, August 22 from 6:30–8:00 p.m. (4th Thursday of the month)**  
 Fond du Lac Senior Center, 151 E. First St. ~ Room 4

### DIABETIC SUPPORT GROUP

**Tuesday, August 20, from 4–5 p.m. (3rd Tuesday of the month)**  
 Aurora Health Care Center, 210 American Drive, American Room

### GLUTEN FREE SUPPORT GROUP

**Next Meeting: Tuesday, September 17, from 6:30–8:00 p.m.**  
 Fond du Lac Senior Center, 151 E. First Street - Activity Room

### PROSTATE CANCER

**Tuesday, September 10, at 8:30 a.m. (2nd Tuesday of the month)**  
 Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

### PARKINSON'S SUPPORT GROUP

**Monday, September 9, from 10–11 a.m. (2nd Monday of the month)**  
 Aurora Health Care Center, 210 American Drive, American Room

# HEALTH & WELLNESS



## Behavior and Communication

Thursday, August 8  
9 a.m.

Ginny Nyhuis, SW Community Outreach Coordinator at

### Alzheimer's Association of Southeastern Wisconsin

Ginny Nyhuis, MSW, will explain the effect that Alzheimer's disease and dementia have on the brain and how all aspects of functioning are influenced. She will explore how to successfully interact with someone with dementia. Ginny will discuss how all behavior in those with Alzheimer's disease is communication and how best to use information you have about the individual to your benefit. Her presentation is practical and informative. To register, please call 322-3630. Refreshments provided.

## LOOK GOOD... FEEL BETTER

Wednesday, August 14  
10 a.m. – noon



The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program. Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.

## Senior Wellness Morning: Friday, August 9

### Focus: Hearing Loss

9–10 a.m. Blood Sugar Screening  
Blood Pressure Screening  
Hearing Screening  
Chiropractic Gait Check  
Vendor Booths  
Demo: Country Dance



10–11a.m. Presentation by Andy Karau of Avada  
*See page 10 for details.*



## Balancing Hormones Naturally: A Holistic Approach to Women's Related Health Concerns

Friday, September 13 11:30 a.m.

**Free sub lunch and lecture**

Katelyn Molash of Eastwind Acupuncture will explain how natural healthcare can help pre-menopausal, menopausal and post-menopausal women alike. East Wind Acupuncture is a member of the national non-profit Foundation for Wellness Professionals. Please register by calling 322-3630 by September 6.



**Mark Your Calendar!**  
**Lifeline Screening:**  
Thursday, October 17

# SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## COMMUNITY CARES

Volunteers will be visiting **Deerview Meadows**, 496 Wisconsin Court, on **Tuesday, August 27, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer for these one-on-one visits. A small gift will be furnished for the resident. Volunteers can be any age. You are welcome to come just once and see if you enjoy this outreach opportunity. Please call 322-3630 to volunteer or with questions.



## SENIOR OUTREACH PROGRAM

Volunteers will meet **Thursday, August 8, from 9–11 a.m.** Please note date change to 2nd Thursday of the month as Jean will be on vacation the first week in August. At 9 a.m., Ginny Nyhuis of the Alzheimer's Association will present Behavior and Communication. She gave this presentation at our 2012 outreach training and it was excellent. She is excited to share it with all of our volunteers. When she is done with her presentation, we will have our meeting to submit reports, share updates and concerns.

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

# COMMUNITY

## 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.

- August 6** Gino's 584 W. Johnson St., FDL
- August 13** Elk's Club 33 Sheboygan St., FDL
- August 20** Parnell's 2932 Fond du Lac Rd., Oshkosh
- August 27** Blanck's Lake Aire N8751 Lakeshore Dr., FDL

### GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

## NEWS FROM THE ADRC

### Aging & Disability Resource Center

50 N. Portland Street For more information, call 929-3466  
**Long Term Care programs and services for the Elderly and Disabled**

### Alzheimer's Representative

**Wednesday—August 7, from 9 a.m. – Noon**

Get answers to your questions concerning memory loss, treatment options, and planning for the future by calling 920-838-1311 for an appointment. Walk-ins are also welcome.

### Veteran Center Counselor for Readjustment Issues

**Fridays—August 2, 16, 30, from 8 a.m. – 4:30 p.m.**

Appointments appreciated by calling 414-434-1311 or drop in between 8 a.m. and 4:30 p.m. at the ADRC.

## SUMMER 2013 OUTDOOR CONCERTS

**Come celebrate Buttermilk Festival's 25th Anniversary Season!**

Schedules for the FDL Symphonic Band and Music Under the Stars outdoor summer concert series are available at the

16 Senior Center front desk.



## AARP MEETING NEWS

There will be NO AARP MEETING IN AUGUST.

**Next AARP Meeting: Thursday, September 19, at 1:30 p.m.**

AARP meetings are free to attend and open to the public. They are held at the Senior Center every 3rd Thursday of the month and feature a guest speaker. Refreshments are served. The cost to join the local AARP chapter is \$3.

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# 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
<b>Singing</b>	Tuesday	10—11 a.m.	6	\$25
Sept. 10, 17, 24, Oct. 1, 8, 15 Nov. 5, 12, 19, 26, Dec. 3, 10				
<b>Oil Painting</b>	Tuesday	10 a.m.—noon	4	\$15
August 6, 13, 20, 27 September 3, 10, 17, 24				
<b>Watercolor</b>	Tuesday	1—3 p.m.	4	\$15
August 6, 13, 20, 27 September 3, 10, 17, 24				
<b>Mixed Media</b>	Tuesday	3—4:30 p.m.	4	\$10
August 6, 13, 20, 27 September 3, 10, 17, 24				
<b>Sewing Lab</b>	Wednesday	3:30—6:30 p.m.	4	\$12
October 2, 9, 16, 23				
<b>Drawing</b>	Wednesday	6—8 p.m.	4	\$15
August 7, 14, 21, 28 September 4, 11, 18, 25				
<b>Country Line Dancing</b>	Thursday	6—7:30 p.m.	4	\$10
August 8, 15, 22, 29 September 5, 12, 19, 26				
<b>Beginning Country Line Dancing</b>		10—11:30 a.m.	3	\$7.50
August 15, 22, 29 (Thursday) Sept. 7, 14, 21 (Saturday)				

## SCRAPBOOK CROPS ✂--✂--✂

•**Colette Jaeger** will host a Scrapbooking Crop at the Senior Center on **Saturday, September 28**, from **9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and space to scrapbook away. **Register by calling Colette at 602-2486.**

•**Kim Stern** will hold a Scrapbooking Crop at the Center on **Saturday, October 26**, from **9 a.m. to 9 p.m.** All skill levels and all ages are welcome. The \$18 registration fee includes lunch & dinner, a “make & take” & a large space for scrapbooking. **To register: please call Kim at 517-1108.**

## CARD MAKING CLASS with Jana Secord

**Next class: Tuesday, August 13** 3 sessions to choose from:  
**3:15—4:45 p.m., 5:15—6:45 p.m. or 7—8:30 p.m.**

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!

Please register as early as possible to get the time you want! Its summer and we'll be using some fun colors and bright flowers! You'll get a look at the holiday catalog, but we are not making any “holiday” cards yet! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 or [stampinjana@charter.net](mailto:stampinjana@charter.net) by August 12.

# 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.

## MPTC CLASSES COMING IN FALL

Recreational classes offered at the Senior Center:

### QUILTING TECHNIQUES FOR PROFIT

Learn a variety of techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual projects.

Instructor: Beth Herriges

Cost for the 2-week session:

Age 62 or over—\$4.00; Under 62—\$22.33

Course #: 301-413-21408

Dates: Thursday—October 3, 10

Time: 1—4 p.m.



### BEGINNING YOGA

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Please bring a yoga mat or blanket.

Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$26.73; Under 62—\$34.30

Course #: 807-600-20783

Dates: Thursdays

September 5, 12, 19, 26, October 3, 10

Time: 10:30—11:30 a.m.



Register for these classes 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 when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes often fill fast.

# RED HAT HONEYYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

# THIS 'n THAT

Craft & Gift Shoppe

## TIMBER RATTLERS OUTING

invited by the Ruby Slippers of Oz-kosh

Monday—August 5 Join Red Hat sisters from Oshkosh!  
7:05 p.m. game—leave at 3 p.m., with a stop to shop at  
Hobby Lobby (yes!) and then Fox River Mall (food court?)

Wisconsin Timber Rattlers game in Appleton

Cost: \$9 box seat + donation to drivers + Dutch treat dinner in the  
Food Court at the Mall OR at the game. SIGN UP IN THE BINDER IF  
YOU CAN DRIVE! Sign up ASAP to be assured a ticket.

## WINE TASTING PARTY

Wednesday—August 7; 1:30—3:00 p.m.

at Cuiak's Wine Market, 47 N. Main Street

Cost: \$20 Limit of 12. Educational and samples of wine and cheese.

## RED HAT TEA PARTY

Friday—August 16; 1—3:30 p.m. Senior Center

Cost: \$5 Limit of 40. See binder for more details.

## LABOR DAY PARADE

Deadline to register : August 20

PARADE: Monday—September 2

See important details in the binder regarding  
the Parade.



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



Just in—and still in time for summer  
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that special little lass in your life.  
(Big lassies too!)

## WANTED: CRAFTERS

to showcase their art and craft items  
in the Senior Center's Craft Fair

**SATURDAY, OCTOBER 19**

See Pat Lefeber for more information...



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# NOTES & NEWS



## VOLUNTEERS NEEDED

### VOLUNTEER RECRUITMENT MEETING Thursday, August 22, from 2–3 p.m.

We are looking for volunteers to help at the Senior Center with specific areas listed below. Some of these jobs are for *new* volunteer positions that we hope to create.

Current volunteers are welcome to help—as well as new volunteers. We had over 350 new Friends members last year and have more than 300 this year. Are you a new Friends member thinking about getting involved? If you have filled out a Volunteer Application in the past, but have not been plugged into a niche or maybe were not called (*we need a Volunteer Coordinator!*), please stop by the front desk to see about updating your Application.

To find out more about these and other ways that you could volunteer at the Senior Center, please come to our Volunteer Recruitment Meeting on Thursday, August 22, at 2 p.m. Job descriptions for each of these volunteer positions will be available at the meeting. We'll have pie and ice cream and share information about the importance of volunteers for our success. We do what we do with the help of dedicated, *valuable* volunteers!

- MOVIES
- SPECIAL EVENTS
- POTLUCKS
- CASHIER
- SHOPPER
- SODA MACHINE
- LAUNDRY
- PLANTS
- DATA ENTRY
- MARKETING
- SUB RECEPTIONISTS
- INTERGENERATIONAL ACTIVITIES
- SAFETY COORDINATOR
- ART COORDINATOR
- VOLUNTEER COORDINATOR
- COMMUNITY CARES & SENIOR OUTREACH PROGRAM



Call to pre-register if you plan to attend so that we can plan refreshments—pie and ice cream! Call 322-3630 to register by Monday, August 19. This is open to current volunteers and new participants—*any age*—who may be interested in any of the volunteer positions listed above.

## SUMMER REMINDER

### *Bring a sweater with you*

Sometimes it feels extra cool in the Senior Center compared to the hot temperature outside. Just a little reminder to please bring a sweater with you when you come for activities this summer. We try to keep the room temperatures comfortable, but *as hard as we try, we cannot please everyone*. Please remember to dress for air conditioning and not the weather outside. It's best to dress in layers.

## FARMER'S MARKET—Visit our booth!

Come see us at the Fond du Lac Farmers Market on Saturday, August 3, from 9 a.m. - noon. The Senior Center will have a booth and sell coffee and other goodies as a Friends fundraiser. The Farmers Market is held every Saturday from May through October and is located at the corner of Western Avenue and Linden Street. **Stop by and say hello. THIS IS THE FIRST TIME WE HAVE HAD A BOOTH—please support the Friends!**



## SUMMER GAMES WINNERS

The 2nd Annual Senior Summer Games, sponsored by the Senior Wellness Coalition, were held at Taylor Park on June 19. The event was a great success with over 100 in attendance. Winners of the games were as follows:

**Poker Walk:** Vi Nelson, Bruce Becker

**Ladder Ball:** Diane Kraemer, Kathy Arpke, Rita Gregory

**Bean Bag:** Therese Bonrey, Mary Meixensperger, Donna Born

**Yolf:** Sud Ingle, Shirley Hanke, Mary Meixensperger

**Radar Ball Throw:** Dave Redman, Tony Meister, Ray Ditter

**Horseshoes:** Bruce Becker, R.J. Gross, Elaine Katsfey, Charlotte Nelson

**Nature Scavenger Hunt:** Donna Born, Nancy Redlin, Diane Kraemer, Elaine Katsfey



When was the **LAST** time you did something for the **FIRST** time?

## TRY SOMETHING NEW!

The Senior Center offers a variety of affordable Art & Recreational Classes. Give one a try (or two, or three!) See page 17 for a list of classes offered and upcoming class dates...



## Fond du Lac Senior Center

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dwinkelmann@fdl.wi.gov

#### ASSISTANT DIRECTOR

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

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### WELLNESS COORDINATOR

*Jean Holzman* 322-3636

#### CRAFT SHOPPE COORDINATOR

*Pat Lefeber* 322-3638

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

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### SENIOR CITIZEN ADVISORY COMMITTEE

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*Ray Gorden*  
*Barbara Lukas*  
*Councilman Gary Miller*  
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### MISSION

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

▼LCW



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