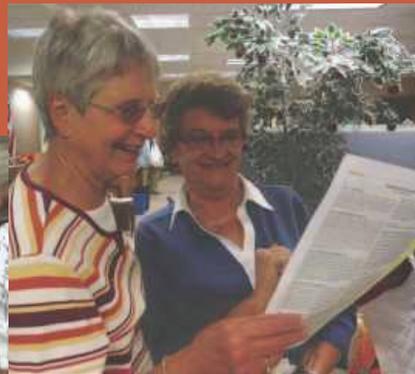


Among Friends



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

September 2013

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



Fall
iNto
FUN

LOOK INSIDE
for more details

LET AUTUMN INSPIRE YOU TO GET INVOLVED!

Discover all of the wonderful opportunities available to the seniors in our community through the FDL Senior Center:

- Educational Programs
- Recreational Activities
- Travel Opportunities
- Health Services
- Volunteer Opportunities
- Senior Dining Lunch
- Computer Classes
- Community Outreach
- Exercise and Wellness
- Special Events
- This 'n That Craft & Gift Shoppe
- and much more!

WELCOME TO THE FOND DU LAC SENIOR CENTER

2013 September



A Free Monthly Publication
Vol. 4 • No. 9

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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.



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.

Each meal includes 2% milk (8 oz.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SEPTEMBER 2 CLOSED FOR LABOR DAY	SEPTEMBER 3 Chicken Breast Mashed Potatoes Baby Carrots Plum Halves Dinner Roll Butterscotch Pudding	SEPTEMBER 4 Ham Loaf Squash Cole Slaw Applesauce Sliced Bread Cookie	SEPTEMBER 5 Lasagna Casserole with Vegetables Mixed Italian Salad Pear Slices French Bread Birthday Cake
SEPTEMBER 9 Swiss Steak Mashed Potatoes Peas and Carrots Apple Sliced Bread Chocolate Chip Cookie	SEPTEMBER 10 Bratwurst on a Bun German Potato Salad Corn Cantaloupe Slice Frosted Cake	SEPTEMBER 11 Baked Chicken Twice Baked Potatoes Spinach Salad with Raspberry Vinaigrette Peach Slices Sliced Bread Chocolate Banana Torte	SEPTEMBER 12 Pot Roast Baby Red Potatoes Baby Carrots Petite Banana Dinner Roll Fudge Brownie
SEPTEMBER 16 Mushroom Pork Cutlet Mashed Potatoes Summer Blend Vegetables Pineapple Tidbits Sliced Bread Applesauce Cake	SEPTEMBER 17 Hawaiian Meatballs Baked Potato Chinese Ramen Cabbage Salad Apricot Halves Dinner Roll Cinnamon Roll	SEPTEMBER 18 Chili Casserole with Vegetables Mixed Vegetables Seedless Grapes Cornbread Ambrosia Dessert	SEPTEMBER 19 Roast Turkey Mashed Potatoes Green Bean Casserole Cranberry Gelatin Dinner Roll Cookie
SEPTEMBER 23 Chopped Steak in Burgundy Mushroom Sauce Mashed Potatoes Carrots Applesauce Sliced Bread Frosted Cake	SEPTEMBER 24 Escalloped Potatoes and Ham Casserole Tossed Salad Watermelon Slice Dinner Roll Coconut Cream Pie	SEPTEMBER 25 Baked Chicken Twice Baked Potatoes Copper Penny Salad Pear Slices Sliced Bread Rice Pudding	SEPTEMBER 26 Meatloaf Baked Potato Peas and Carrots Fruited Gelatin Dinner Roll Cookie
SEPTEMBER 30 Swedish Meatballs Mashed Potatoes Corn Cantaloupe Slice Sliced Bread Fudge Brownie	<p><i>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!</i></p>		

Visit us online at www.fdl seniorcenter.com

Crafters Wanted

The Senior Center is looking for local crafters, artists, and antique sellers to sell their wares at the

~ARTS, ANTIQUES & CRAFT FAIR~

which will be held at the Senior Center on

SATURDAY, OCTOBER 19, 2013

9 a.m.—1 p.m.

Walk-in registration for the Fair will begin on September 3, although forms can also be mailed in or dropped off prior to that date. Space is limited to the first 20 vendors with a paid \$15 donation, which will go to the Fond du Lac Area United Way. Registration forms and specific details about the Fair are available at the Senior Center or call Pat Lefeber, Craft Shoppe Coordinator, at 322-3630 if you have questions.

NEW THIS YEAR—the Fair will include vendors selling various art pieces, antiques, as well as the usual handmade items. With limited space, those interested in having a booth, should sign up on September 3.

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 October's *Among Friends* newsletter is Tuesday, September 3. 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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www.lutheranhomesfonddulac.org
920-921-9520

READER'S CHOICE 2011

CALVARY CEMETERY
 Darlene Hoffmann, Mgr.

Call For Free Information
920-923-2202

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(920) 921-8940

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 Center's 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.



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.

SEPTEMBER 9: Derek Straaland of Lincoln Financial

Topic: Using insurance in your estate planning

OCTOBER 7: Jim Lowry from Pacific Life

Topic: Income in retirement

NOVEMBER 4: Phil Shepherd, Attorney

Topic: Estate Planning

DECEMBER 2: No guest speaker

Topic: Year end wrap up and ideas for next year

Bagels by "The Bagelmeister."

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



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!**



UPCOMING PROGRAMS



DRIVER SAFETY CLASS

Tuesday, September 17

8:30 a.m.—12:30 p.m.

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. Payment will be collected the day of class.

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.

Deadline to register: Thursday, September 12

HOBB'S WOODS HIKE

Tuesday—October 1, at 10 a.m.

Enjoy the autumn splendor of Mother Nature's beauty!

The Senior Center Hikers invite newcomers to join them on their fall hike at scenic Hobb's Woods. The hike will last about an hour. There are benches along



the way for resting. If you would like to carpool, meet at the Senior Center at 9:30 a.m. or meet at Hobb's Woods at 10 a.m. Please call 322-3630 to register if you plan to participate. If there is questionable weather that day, call for info as to whether the hike is cancelled.

BOB ROSS PAINTING CLASS

Saturday, October 12

10 a.m.—4 p.m.



Note: This class will *only* be offered on **Saturday, October 12**—the class will not also be offered on **Sunday, October 13**, as mentioned in the August newsletter.

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 "Rolling Hills."



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 canvas). Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate*. Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. The cost for the class is \$56 and must be paid at the Senior Center front desk at the time of registration. Space is limited, so *register as soon as possible*. NO art experience needed. **Explore your creative side!**

FREE CREDIT REPORTS

Your credit report is a detailed record of your credit activities from the past 7-10 years. Regular, careful reviews of your credit report will help you identify any incorrect or fraudulent information, and it can help protect you against identity theft.



Get your FREE credit report. Find out how at "Check Your Free Credit Report" website: <http://fyi.uwex.edu/creditreport>

The UW Extension has also created a handout to be shared with consumers about how to obtain a free credit report. These are available at the Senior Center's front desk.

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 phone at 922-8611. Classes can 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
103-485-21758	T, W, R	November 19, 20, 21	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55

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
103-490-21759	T, W, R	December 10, 11, 12	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55

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.

COMPUTER BASICS 4

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

103-491-20775	T, W, R	December 3, 4, 5	3 days	1:00—4:00 p.m.	9 hours	Karen Beaman	\$4.00	\$34.55
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3.

MICROSOFT EXCEL—LEVEL 1

103-453-20777	W, R	November 6, 7	2 days	Noon—4:30 p.m.	9 hours	Karen Beaman	\$4.00	\$34.55
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Provides a basic introduction to electronic spreadsheet software using Office XP. Spreadsheets enable you to enter data into rows and columns and then perform calculations on that data. Activities are focused on planning and creating a spreadsheet with emphasis on replicating, formatting and printing.

INTRODUCTION TO WINDOWS 7

103-601-20766	Monday	November 11	1 time	1:00—4:00 p.m.	4 hours	Karen Beaman	\$19.15	\$24.20
---------------	--------	-------------	--------	----------------	---------	--------------	---------	---------

Are you looking for an overview of Windows 7 operating system? This class is designed to make everyday computer tasks simple and easy. Learn to search and find files, connect to a network, arrange window panes side by side and other cool features.

MPTC COMPUTER CLASSES FOR RECREATION

COURSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
----------	-----	------	--------------	------	------------	------------	------------	------------

BEGINNING DIGITAL CAMERAS

203-640-20770	Tuesday	November 12	1 time	1:00—5:00 p.m.	4	JoAnne Smith	\$19.15	\$24.20
---------------	---------	-------------	--------	----------------	---	--------------	---------	---------

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.

PINTEREST

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

103-669-20768	Wednesday	October 16	1 time	1:00—4:00 p.m.	3	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.

CONNECTING ON FACEBOOK

103-679-20767	Wednesday	November 13	1 time	1:00—5:00 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
---------------	---------	--------------	--------	----------------	--------	--------------	---------	---------

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.

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
---------------	---------	----------------------	--------	----------------	--------	--------------	---------	---------

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
---------------	-----------	--------------	--------	----------------	--------	--------------	---------	---------

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
---------------	----------	---------------	---------	----------------	--------	---------------	--------	---------

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.

2014 TRIP PREVIEW

Monday—October 14, 2013
1:00 p.m.

Fond du Lac Senior Center

COLLETTE VACATIONS PRESENTS:

SHADES OF IRELAND

October 28—November 6, 2014
10 Days—13 Meals: 8 breakfasts, 5 dinners

COST: \$2,999 DBL

This price includes a \$250 savings by booking NOW!
Price includes round trip air from O'Hare.

Come to this 2014 Trip Preview to see what this "bucket list" trip of a lifetime is all about. Highlights you'll hear about include: Dublin, Irish evening, Kikenny, Waterford Crystal, Blarney Castle, Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher, Galway, and a Castle Stay.

We'll have an Irish treat while we soak in the landscapes and dream of visiting this *enchanted* Emerald Isle.



Please call the Senior Center at 322-3630 to pre-register to attend this free Trip Preview by Monday, October 7, so that plans can be finalized for hand-outs and refreshments. A door prize drawing will be awarded.

CHRISTMAS TRIPS

PLEASE sign up ASAP so that we can confirm that these trips will be held. We hate to cancel trips and disappoint travelers!

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

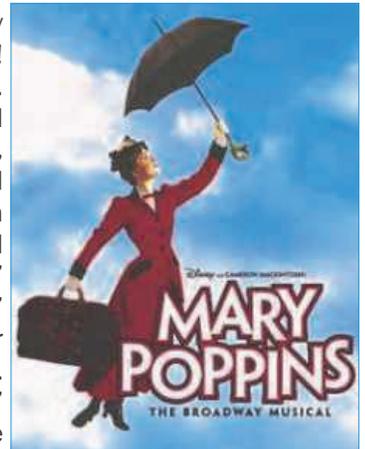
MARY POPPINS

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.**

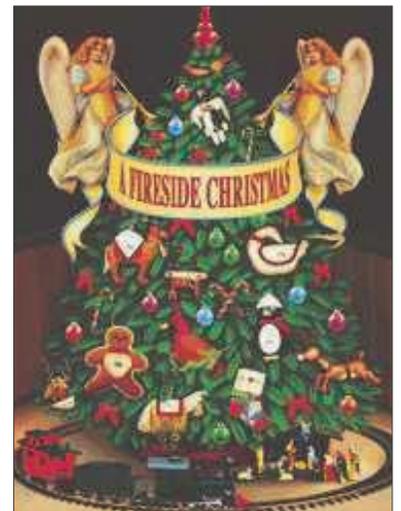


A FIRESIDE CHRISTMAS

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

NOTICE: If this casino trip does not fill in a timely manner, it may be cancelled. We regretfully had to cancel the September 19th Blanck's trip due to low registration.

THIS WILL BE THE FINAL CASINO TRIP FOR 2013:

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!

So that we can be sure we go and you can test **YOUR LUCK!**

9

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WE PROVIDE:

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W4287 Golf Course Drive
Fond du Lac, WI 54937
921-4381 or 921-0580

Reaching Out —Touching Lives

Senior Outreach Program



MORE VOLUNTEERS NEEDED!

JUST A FEW HOURS OF YOUR TIME CAN MAKE A DIFFERENCE

Volunteer Training

9:00 – 11:00 a.m.

Continental Breakfast Served

Fond du Lac Senior Center, 151 E. 1st St.

Tuesday, October 22

Outreach Program Overview & History—Senior Center Staff

Effective Listening & Confidentiality—Al Rolph, Social Services

Wednesday, October 23

Y5210 for All Ages—Kya Schnettler, Community Wellness Coordinator

Resources in Fond du Lac County—Sandy Tyron, Director of FDL

County Aging & Disability Resource Center

Friday, October 25

Benefits of Volunteering & RSVP—Deb Tauer of ADVOCAP

Certificate Ceremony; Present Volunteers; Questions & Answers

SIGN UP NOW!

OPEN TO ALL!
Attend even if you do not intend to volunteer in the program.



Fond du Lac Area United Way, Inc.

These programs are open to the public—*anyone can attend!*
Attend even if you do not intend to volunteer in the program.
Call 322-3630 to sign up for any or all days.
For additional information about the program,
call Jean Holzman, Wellness Coordinator, at 322-3636.

Fond du Lac Senior Center, 151 East First Street

The Senior Outreach Program is funded in part by:
Friends of the FDL Senior Center,
FDL United Way, FDL Area Foundation,
FDL County Department of Community Programs

SPECIAL EVENT

We are pleased to help the Fond du Lac Area United Way who helps support our Senior Outreach Program. LIVE UNITED!

Arts, Antiques & Craft Fair



Saturday, October 19, 2013

9 a.m. – 1 p.m.

Fond du Lac Senior Center

151 E. 1st Street Fond du Lac 920-322-3630

FEATURING OVER **20** AREA CRAFTERS, ARTS & ANTIQUE VENDORS
SOMETHING FOR EVERYONE!

- ◇ **ARTS** – paintings, woodworking, jewelry & more
- ◇ **ANTIQUES** – vintage keepsakes and all things old
- ◇ **CRAFTS** – special hand-crafted items
- ◇ **50¢ SNACKS**– homemade goodies, sundaes, or popcorn
while it lasts! (Note: we will NOT be serving a lunch this year.)
- ◇ **PUZZLES** – at reasonable prices (gently used)
- ◇ **DOOR PRIZES** – gift baskets & more **ALSO...**
- ◇ **This 'n That Craft & Gift Shoppe** will be open & giving away 2014 Dine Out Coupon Books (\$150+ value!) every ½ hour!

**BRAND
NEW FAIR**

WITH ARTS,
ANTIQUES &
CRAFTS!

**WE'RE BACK
AFTER A
2 YEAR
BREAK!**

Sponsored by the Senior Outreach Program at the Fond du Lac Senior Center to benefit the Fond du Lac Area United Way – booth fees will be donated to United Way. LIVE UNITED!



OPEN TO THE PUBLIC – ALL AGES WELCOME!

MONTHLY MOVIE

2 SHOWINGS!

“LES MISERABLES”

Thursday, September 5 OR Monday, September 9

11:45 a.m. Lunch (optional)

MENU SEPTEMBER 5: Lasagna Casserole, Mixed Italian Salad, Pear Slices, French Bread, Birthday Cake & Milk

MENU SEPTEMBER 9: Swiss Steak, Mashed Potatoes, Peas and Carrots, Apple, Sliced Bread, Chocolate Chip Cookie and Milk

12:30 p.m. Movie: “LES MISERABLES”

The long-anticipated big-screen adaptation of the beloved global stage sensation seen by more than 60 million people in 42 countries & in 21 languages around the globe -- and still breaking box office records everywhere in its 27th year. Set against the backdrop of post-Revolution France, the film retells Victor Hugo's politically charged social and moral critique of law and morality in the 19th century. It's an enthralling story of broken dreams, unrequited love, passion, sacrifice and redemption and a timeless testament to the survival of the human spirit. The film is a monumental undertaking, with elaborate on-location sets, live-singing (no lip-syncing here), and spot-on acting by all concerned. A visual and aural treat guaranteed to stir your soul and move you to tears. Stars: Hugh Jackman, Russell Crowe, Anne Hathaway, Amanda Seyfried, Helena Bonham Carter. 2012, Rated: PG-13, 158 min., Musical.



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

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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

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 (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

4th Tuesday (even months): **Riverside Senior Apts**

5th Tuesday: **Right at Home**

A big THANK YOU to NEW sponsors listed in RED...

BOOK CLUB

3rd Monday at 9:30 a.m.

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.

Listen to the Senior Center's Monday Morning Radio Report on KFIZ 1450 for details on who will be the performers each particular week.

DOMINOES

3rd Wednesday at 12:30 p.m.

GERMAN CLUB

Wednesdays at 1:00 p.m.

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, September 5, at noon

Casa del Tequilla

(NEW! 525 Peters Ave.)

Thursday, October 3, at noon

Pizza Ranch

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 and Fridays 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, September 20

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

Northwinds Supper Club

321 Fond du Lac Ave. (Hwy 45), Eden

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 (September–April)

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

Fridays at 1:00 p.m., starting Sept. 20

The Memories Writers meets to share and preserve life experiences and family history.

New members welcome!

HEALTH & WELLNESS



September Bike Ride

Join our bike riders on **Wednesday, September 11, at 10 a.m. at the Lake DeNevue Shelter at Lakeside Park.** Call 322-3630 to register. The ride will be 8–10 miles on a gravel trail to Taycheedah and Sandy Beach. 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. Bring water and money

for lunch at A & W Restaurant. Rain date: September 18.

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 October 22 and ends December 10.** The class meets 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.** in the Activity Room. For comfort, wear walking shoes. 50¢ Donation. You will get a good mile workout with the video. Don't worry about the weather. Bring a friend and enjoy this exercise

opportunity. **The walking class took a little summer hiatus, but we hope to get you all back now that summer's over.**

OTHER EXERCISE

HikersTuesday & Thursday mornings

Line DancingThursdays; 6–7:30 p.m.; \$10 for 4 weeks

Beginning Line DancingThursdays; 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 GoldMonday evenings 5:30 to 6:30 p.m.

\$5 walk ins. Call 920-606-9078 for info.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Agnesian Home Care

Friday, September 13; 9–10 a.m. 2nd Fri. of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, September 13; 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, November 12; 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, September 5, 12, 19, 26

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, October 11; 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, September 24; 10 a.m. through the day

Usually 4th Tuesday of the month

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

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, November 12; 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, September 26; 6:30–8:00 p.m. (4th Thursday of the month)

Fond du Lac Senior Center, 151 E. First St. ~ Room 4

DIABETIC SUPPORT GROUPS

Tuesday, September 17, from 4–5 p.m. (3rd Tuesday of the month)

Aurora Health Care Center, 210 American Drive, American Room

Tuesday, October 8; 6-7 p.m. (2nd Tuesday of the month)

St. Agnes Hospital, 430 E. Division St., 5th Floor Meeting 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



Odd Month Bingo: Friday, September 13

9–10 a.m.
Blood Sugar Screening
Blood Pressure Screening
 9:15–9:45 a.m. **Health DVD: Mental Health and Stress Reduction** Take control of the stress in your

life and don't allow it to control you.

10 – 11 a.m. Odd Bingo Join us for a time of fun, prizes. Bring along a list of “apple” words and see if you think like a elementary student. Please call 322-3630 to register.

11:30– 12:30 p.m. Sub Lunch and Lecture. See below. for details. Please call 322-3630 to register.

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

Friday, September 13
 11:30 a.m.

Free sub lunch and lecture

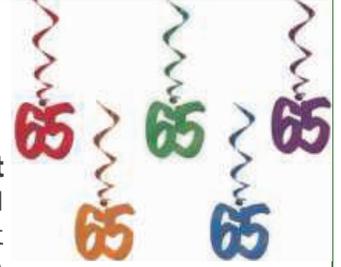
Katelyn Molash of East Wind Acupuncture will explain how natural healthcare can help pre-menopausal, menopausal and post-menopausal women alike. East Wind Acupuncture is a member of the national non-profit Foundation for Wellness Professionals. To register for the free lunch, please call 322-3630 by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



When I'm 65 Thursday, September 5 9 a.m.

Julie Hilbert, Benefit Specialist

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. This program is not just for those turning 65—but for anyone has benefit concerns or questions. The program will cover working past retirement age, Medicare Advantage Plans, Supplemental Insurance and Social Security. Please call 322-3630 to register .



Mark Your Calendar:

Lifeline Screening: Thursday, October 17

Outreach Training: October 22, 23 & 25

LOOK GOOD...FEEL BETTER

Wednesday, October 9

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 OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will be visiting the Fond du Lac Lutheran Home, 244 Macy Street on Tuesday, September 10, from 2 to 3 p.m. We will be joined by participants from the United Way Day of Sharing. 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 is furnished for the resident. Volunteers can be any age. If you would like to participate or have questions, please call 322-3630.



SENIOR OUTREACH PROGRAM

Outreach volunteers will meet on **Thursday, September 5, from 9–11 a.m.** At 9 a.m., Julie Hilbert, Benefit Specialist with Fond du Lac County Senior Services, will present **When I'm 65**. She will address questions on Social Security and Medicare that you or your client may have. She will explain Medicare Advantage Plans and Part D prescription coverage. Following her presentation, we will have our regular meeting to submit reports, share concerns and encourage one another.

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.

September 3 Northwind's 321 FDL Ave. (Hwy 45), Eden
September 10 Pizza Ville 160 W Scott St., FDL
September 17 Schmitt's N7044 Winnebago Dr., FDL
September 24 Holiday Inn 625 W. Rolling Meadows Dr., FDL

GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

AARP MEETING NEWS

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. This month's speaker will be Chester Ward, representative of WI Senior Medicare Patrol, who will speak about Medicare fraud, Come learn how to protect yourself and know what to do if you suspect healthcare fraud. Refreshments will be served.

16

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—September 4, 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—September 13 & 27, 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.

Art Classes at the Senior Center

Due to the unexpected passing of our beloved art instructor Susan Lefeber in late July, the art classes will be temporarily put on hold at the Senior Center until a new instructor is found.

Art students are invited and encouraged to continue meeting at the same time as the classes were held, but there will be no class fee until there is an instructor.

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 Campbellsport, WI. EHO

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
Singing	Tuesday	10—11 a.m.	6	\$25
Sept. 10, 17, 24, Oct. 1, 8, 15 Nov. 5, 12, 19, 26, Dec. 3, 10				
Oil Painting	Tuesday	10 a.m.—noon	4	None
September 3, 10, 17, 24 October 1, 8, 15, 22				
Watercolor	Tuesday	1—3 p.m.	4	None
September 3, 10, 17, 24 October 1, 8, 15, 22				
Mixed Media	Tuesday	3—4:30 p.m.	4	None
September 3, 10, 17, 24 October 1, 8, 15, 22				
Sewing Lab	Wednesday	3:30—6:30 p.m.	4	\$12
October 2, 9, 16, 23				
Drawing	Wednesday	6—8 p.m.	4	None
September 4, 11, 18, 25 October 2, 9, 16, 23				
Country Line Dancing	Thursday	6—7:30 p.m.	4	\$10
September 5, 12, 19, 26 October 3, 10, 17, 24				
Beg. Country Line Dancing	Saturday	10—11:30 a.m.	3	\$7.50
Sept. 7, 14, 21 October 5, 12, 19				

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, September 10 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! **Are you ready to start thinking about the HOLIDAYS?** The brand new holiday catalog is active and we'll start using some great new embossing folders, stamp sets and other tools now available! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 or stampinjana@charter.net by September 9.

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

A NEW QUEEN BEE!

RED HAT HONEYYS ANNIVERSARY CELEBRATION: "BURGERS & BLING"

Thursday—September 26; 11:15 a.m. at Culver's E. Johnson St.
Dutch treat BURGER lunch (or whatever you want) at Culver's on EAST Johnson Street by MPTC. If we have too many ladies sign up, some may want to eat at McDonald's, next door. We'll have a beautiful BLING necklace & earrings door prize. So **don your bling** and join us for a burger...to celebrate our chapter's 11th anniversary. Sign up in the 3-ring binder by Monday, September 23. Who says diamonds and hamburgers don't go together? They do with Red Hat Honeyys!

WELCOME BABY WINKELMANN!

Friday—October 4; 1:30—3:00 p.m. at the Senior Center
ALL LADIES (Red Hatters & ANY ladies who want to come!) are invited to a BABY SHOWER to welcome Dottie's first grandchild. The baby is due September 19th and nobody knows if it's a boy or a girl. After the baby is born, you'll hear about it on KFIZ during the Monday morning Senior Center report at 9:10 a.m. This party is FREE and open to anyone who would like to attend (not just Red Hatters). We'll have games, treats, and prizes. Join the fun and welcome the new baby. Please bring some written ADVICE on GRANDPARENTING for Dottie. Sign up in the 3-ring binder by Friday, September 27, so plans can be finalized for refreshments and other party planning.



Congratulations to Nancy Smet, the new Queen Bee of the Red Hat Honeyys! Hail to Queen Nancy, HRH.

Nancy was gracious enough to step up and volunteer to be the next reigning Queen Bee of the Red Hat Honeyys. She was crowned at a summer luncheon held at Faro's Restaurant.

All ladies are welcome to join the Red Hat Honeyys. Registration for 2014 will start in October and is \$5. Pick up a newsletter at the front desk for more details.

We welcome ladies to attend one event without paying the chapter dues to see if they are wild and crazy enough to be a Red Hatter. Actually, we are a very tame group. We have a Chorus, Umbrella Brigade, Scrapbookers, Good Deed Gals, and we have recently adopted an Assisted Living Facility to visit residents once a month for an hour.

Come and join our fun!



18

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MINI HEALTH FAIR

Mini Health Fairs are held on the 2nd Friday of ODD months from 9–11 a.m.



Friday – September 13, from 10 – 11 a.m.

Health Screenings 9–10 a.m.

- Blood pressure by *Agnesian Home Care*
- Blood sugar (fast required) by *Lutheran Homes & Health Services*



DVD 9:15–10 a.m.

Dr. Anthony Goodman states that “we need to recapture the joy that we associated with play as children.” In this video, we will look at some fun sports that offer optimum benefits for our bodies.

Odd Bingo 10 –11 a.m. “Apple Bingo”

This month features an apple theme with apple prizes that you’ll love! Bring along a list of “apple” theme words to win cash. You must *pre-register* to attend APPLE BINGO as *space is limited to 40*. Register at the front desk. Pay 50¢ for 2 cards on Friday, September 13.



Jocelyn Deanovich and Jamie Roth, Senior Wellness Coalition members, are getting ready for the apple-themed Bingo at the Senior Center on September 13. Join in on the fun!

THIS ‘n THAT Craft & Gift Shoppe

NOTES OF APPRECIATION

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

It’s an old event with a new twist!

Our Community Craft Fair is back after a 2 year break. This year we are adding some antique tables and are also hoping that some artists will feature their talents with paintings, woodworking, jewelry, etc. If you would like a booth, registration opens on Tuesday, September 3, at 8 a.m. We have a limit of 20 booths so please register ASAP. The cost is a \$15 donation to the Fond du Lac Area United Way. Forms are available at the front desk. More information is available by calling Dottie Winkelmann, Director, or Pat Lefeber, Craft Shoppe Coordinator, at 322-3630.

Of course, our Fair will also have handmade items. See page 11 of this newsletter for more specifics on the October 19th event to be held at the Senior Center. In the past we have had HUNDREDS of people attend. Let’s have another big crowd. Support the Senior Center and talented people from our community by attending this Arts, Antiques & Craft Fair on October 19, 2013.

START your Christmas shopping early!

From Vickie Michels, former Office Coordinator:

Thanks to Friends members and Board of Directors and to Senior Center staff for all the kind words, best wishes, greeting cards and other special gifts and for the wonderful Farewell Party. It was so wonderful to talk with everyone and receive so many heart-felt hugs. I will always treasure the friendships that I have made at the Senior Center. It's not "Goodbye" - it's "See ya later."
Hugs to everyone,
Vickie

From the Friends of Taylor Park & Pool

A big "Thank You" to the SCAMP Band for performing at our Taylor Park Picnic held on July 28. How generous of them to donate back the donations they received that day! The Senior Center is fortunate to have such talented musicians in their midst!



Fond du Lac Senior Center

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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.

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