

Among Friends



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

October 2013

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

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



**BRAND
NEW FAIR**
WITH ARTS,
ANTIQUES &
CRAFTS!

Arts, Antiques & Craft Fair

WE'RE BACK AFTER A 2 YEAR BREAK!

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

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

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

OPEN TO THE PUBLIC – ALL AGES WELCOME!

WELCOME TO THE FOND DU LAC SENIOR CENTER

**2013
October**



A Free Monthly Publication
Vol. 4 • No. 10

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Fond du Lac Senior Center

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



2013 RAFFLE WINNERS

This year's raffle was a huge success, with **\$10,078** in ticket sales.

Congratulations to the following winners in this year's raffle:

10th prize	Night Stay at <i>Holiday Inn</i>	Bonnie Dyksinski
9th prize	Two <i>Milwaukee Bucks</i> Game Tickets	Carol Beardsley
8th prize	Four Rounds of Golf at <i>Whispering Springs</i>	Joan Simon
7th prize	Gift Basket donated by <i>Lake View Estates</i>	Bernie Bonlander
6th Prize	\$150 Gift Certificate for <i>Busy Acres Nursery</i>	Mary Schneider
5th Prize	Diamond Pendant Necklace / <i>The Goldsmith</i>	Maureen Schaefer
4th Prize	Park Bench donated by <i>BCI Burke</i>	Bob Hungerford
3rd Prize	Four Rounds of Golf at <i>South Hills</i>	Betty Blank
2nd Prize	\$400 Cash donated by <i>Zacherl Funeral Home</i>	Mary Gerhartz

and the **Grand Prize Winner...**

\$500 Cash donated by **J.F. Ahern Co.** **Pete Wachs**

THANK YOU to *Mach Funeral Chapel & Crematory* and to *Grand Cheese* for the printing of the raffle tickets...to prize donors (over 70 in all)...and to all who supported the Center by purchasing raffle tickets! Thanks also to Carol Lange for record-keeping, and to Vivian Gorden, Charlotte Nelson, Judi Walters, and Ron Zarling, for their many hours soliciting prizes. A complete list of winners is available at the front desk. **Congratulations to the winners and to those who didn't win...better luck next year!**

IMPROVEMENT PROJECT UPDATE

Have you seen the wonderful changes and updated colors at the Senior Center? Stop by and take a look at the progress of Phase I and II. The project is funded by the Friends of the Fond du Lac Senior Center through fundraising (thanks to everyone who helps with fundraising!) and Patrick Creed of Botanical Floral Studio is our decorating consultant. You could also stop at his business (by Festival Foods) and tell him if you like the new look. We are so fortunate for all of the people making this update possible!

Phase II will be wrapping up soon and then we will be on to updating the Craft Shoppe. We are open to reading (*please write them down*) your ideas of what to do with that area. One suggestion is to flip the areas and have the Craft Shoppe on the entire west side of the room and use the east part of the room (by the window off the lobby) as a meeting/activity area with 4 square tables and chairs. This area could also double as a "restaurant" where we could serve homemade soup & sandwich lunches by special order. Small groups of diners would make reservations ahead and our great cooks would whip up the meal (for a nominal price). The restaurant/meeting area could have a décor of antiques on the walls and "Grandma's Kitchen" may be a suitable name. This area could become a field trip destination for elementary school children. An added fun surprise could be a train track mounted along the wall by the ceiling (similar to Mancino's) that would wind around the entire room. Our local railroad club members love that idea and would be willing to design it—if that becomes the direction of the new update. **What ideas do you have for Phase III?** We DO want to keep the Craft Shoppe so please include that in your design idea. Drop off written ideas by October 31 so the Improvement Committee can meet and explore options. We want to keep moving ahead!

Visit us online at www.fdl seniorcenter.com

PANCAKE BREAKFAST

Enjoy a delicious ALL-YOU-CAN-EAT pancake breakfast
at the Fond du Lac Senior Center

Friday, November 8

8 a.m. – 1 p.m.



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

COST: \$4

**Includes: All-you-can-eat Pancakes, Sausage,
Applesauce, and Beverage**

Sponsored by Lake View Estates. Reservations appreciated at 322-3630. Walk-ins welcome.

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
November's *Among Friends*
newsletter is Friday, October 4.
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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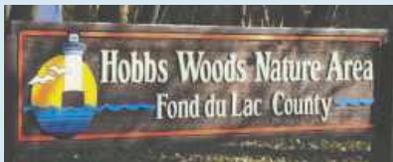
UPCOMING PROGRAMS

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.



Last year there was a great turn-out for the Hobbs Woods hike and many seniors commented how much they enjoyed it!

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.

BAGELS WITH BEN

Hosted by: Ben Baertschy

Financial Advisor with Edward Jones Investments

OCTOBER 7: Jim Lowry from Pacific Life

Topic: Income in retirement

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. Ben will also be available to answer any questions you may have on any investment topic.

WINNEBAGO WOODWORKERS

Watch for an article in the November newsletter about this talented group of men (women are welcome to join) who have been helping with several projects for the Improvement Project. We'll have photos, too! If you are interested in woodworking—or starting a new hobby—join them on Tuesday evenings from 6–8 p.m. at the Horace Mann High School woodshop. You can check them out before joining. More information is available at the front desk at the Senior Center. They want new members!

AARP MEETING

Thursday—October 17, at 1:30 p.m.

Bridget Bestor, ADVOCAP Volunteer Development Specialist

Bridget will be sharing information about the benefits of volunteering and volunteer opportunities for seniors.

Meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public — all ages are welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.

Fond du Lac County Health Department

SENIOR CENTER FLU CLINIC

Thursday—October 31, from 8–10 a.m.*

No Appointment Needed!

The cost for the flu shot is \$25. Be sure to bring all medicare and insurance cards with you.

* Contingent on vaccine availability.

According to the Center for Disease Control and Prevention, the single best way to protect against the flu is to get vaccinated each year.



Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

Who Should Get Vaccinated This Season?

Most everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated.

Those people include the following:

- People who are at high risk of developing serious complications like pneumonia if they get sick with the flu.
- People 65 years and older
- People who live with or care for others who are high risk of developing serious complications. This includes: household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.

FLYING GEESSE QUILT GUILD TRUNK SHOW

Thursday—October 10, at 1:30 p.m.

Location: First Presbyterian Church

Presented by Pat Ehrenberg

What's more fun than to sit back and enjoy a quilter's show & tell? Come enjoy this trunk show filled with creations such as table runners, clothing and accessories, wall hangings, and quilts.

Pat's style ranges from Civil War reproductions, Native American, landscapes and more. Many of the pieces have interesting stories to go with them.



Pat Ehrenberg has been an avid quilter for 30 years. She is a registered Heritage Skills Artist with the Wisconsin Arts Board.

Admission is \$5.00. Door prizes and refreshments. For planning purposes, please RSVP to Char Thiel at 922-1735 or kcp@imtservices.com.

UPCOMING PROGRAMS

CELEBRATE DANCE!

A tribute to Anna Rose Riederer for teaching decades of dance with the Linettes at the Fond du Lac Senior Center. Thanks, Anna Rose!

CELEBRATE DANCE!

Friday—November 1
2—4 p.m.

American Legion Hall
500 Fond du Lac Avenue

OPEN TO
ALL
SENIORS!

THIS IS A FREE EVENT!

LISTEN to music by the S.C.A.M.P. Senior Center Band.

DANCE if you want to kick up your heels.

WATCH our Linettes perform a few favorite songs.

VIEW a display of photos, costumes, and memorabilia.

ENJOY snacks and sweets. Cash bar available.

THANK Anna Rose for her 20+ years teaching our ladies (& men) line dancing at the Senior Center. She plans to continue with the Linettes as a Volunteer Teacher.



PRE-REGISTER if you plan to attend, by calling the Senior Center at 322-2630 by Monday October 28.

ONLINE BANKING FOR SENIORS

Friday—November 8, at 1:30 p.m.

David Thiel & Misty Snyder, Associated Bank



The advantages of online banking are well worth the learning curve!

Online banking can be a senior citizen's best friend. If you are a senior and you haven't yet tried this feature, now might be the perfect time to join the many people already enjoying the benefits of banking online. Once you try it for yourself, you'll wonder how you ever lived without it.

Advantages of online banking:

- **Convenience and fewer limitations.**

With online banking, most of your financial life is in one neat "virtual" place. Access checking and savings accounts 24/7 from the comfort of your home—especially helpful if you can't drive or have a disability.

- **Pay bills on your schedule.**

Pay bills with just a click of a mouse, review statements, see which checks have cleared and always remain apprised of account balances.

- **Transfers are easy.**

With a mouse click, transferring money between accounts is a breeze. Even set up automatic transfers to help easily manage your money.

- **Reduce clutter and confusion.**

Be more organized and less confused by a parade of bills. Many companies offer e-bills which means less clutter and less paperwork.

- **Bank on vacation.**

Bank from anywhere you have internet access or schedule bills to be paid before you leave for your trip. Then you can enjoy your vacation knowing that your bills will get paid on time.

Now that you understand some of the advantages of online banking, why not give it a try? Your financial life will likely feel much more manageable when you use this feature. Chances are, you will appreciate the freedom and independence this valuable service can offer you. Let this presentation help you get started.

This is a FREE informational program open to all ages. Light refreshments will be served. For planning purposes, register by calling the Senior Center at 322-3630 by November 6.

BOB ROSS PAINTING CLASS

With Cheryl Fisher, Certified Bob Ross Painting Instructor

Saturday, November 16 ~ 10 a.m.—4 p.m.



Note: This class is the same class that was held on Saturday, October 12—the class filled quickly and a waiting list was formed. This new class has been scheduled to accommodate the waiting list and any others who would like to participate—but space is limited—only 5 openings remain. Please register as soon as possible if you wish to participate.

Oil paints will be used to paint the picture above. 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!

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**

103-485-21758	T, W, R	November 19, 20, 21	3 days	9:00 a.m.—Noon	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
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
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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)
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BEGINNING DIGITAL CAMERAS

203-640-20770	Tuesday	November 12	1 time	1:00—5:00 p.m.	4	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.

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.

OTHER MPTC RECREATIONAL CLASSES

BEGINNING YOGA

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
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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

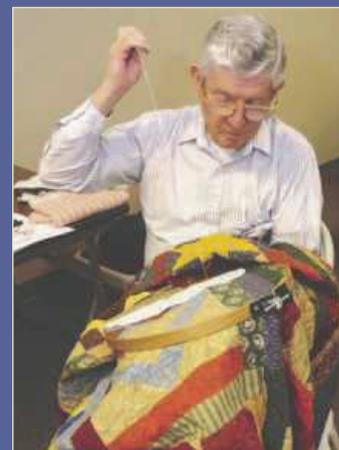
301-413-21408	Thursday	October 3, 10	2 weeks	1:00—4:00 p.m.	6 hrs.	Beth Herriges	\$4.00	\$22.33
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Learn specialized techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual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



HOW TO REGISTER FOR MPTC CLASSES:

Register for these classes at MPTC in person (use the C-1 Main Entrance) or by phone at 922-8611 (ask for registration desk). You will need the course number. Some classes have limits as to the number of students, so prompt registration is encouraged. Classes often fill fast. There also is a minimum number of registered students required to hold the class. To avoid class cancellation, it is important to not wait until the last minute to register.



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.

HOLIDAY SHOWS

CLAUSEN FAMILY "CHRISTMAS ON THE FARM"

Friday—December 6
Historic 1891 Barn Theater—Coloma, WI COST: \$64



Christmas music sure to put you in the holiday spirit!

Dinner included.

Menu: *Turkey Breast, Roast Beef, Ham, Mashed Potatoes & Gravy, Stuffing, Vegetable, Cranberries, Dinner Rolls, Coffee, Milk or Water, and Dessert*

Leave: 10:00 a.m. Home: 6:30 p.m.

"JINGLE BELL DOC"

Doc Severinsen

Friday—December 13
Fox Cities PAC—Appleton, WI COST: \$99

Fans of "The Tonight Show" with Johnny Carson remember his effervescent band leader, Doc Severinsen. Far from hanging up his horn, the legendary trumpet player is headed to the Fox Cities to lead a holiday concert featuring the Fox Valley Symphony and a community choir. Celebrate the holiday season in style with this once in a lifetime community event.



Dinner at Good Company Restaurant in Appleton is included. Menu choices: #1 *Chicken Broccoli*, #2 *Deep Fried or Broiled Haddock*, #3 *The Big Burrito*, #4 *Chicken Alfredo*, #5 *Jumbo Ravioli* or #6 *Tavern Battered Cod*. Served with a generous house salad, garlic bread, soda and a fudge sundae.

Leave: 4:00 p.m. Home: 11:00 p.m.

FINAL CASINO TRIP FOR 2013

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.

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!

HAPPY TRAVELERS

WAITING LIST NEEDED:

Mary Poppins

Marriott Theater-Lincolnshire, IL
 Wednesday - October 30 Cost: \$72
 Leave: 8:00 a.m. Home: 8:30 p.m.

This trip is currently full, but we need to have people on a waiting list. We often use the waiting list to fill last minute cancellations.

MARK YOUR CALENDAR to pick up a brochure!

Happy Travelers Sneak Peak Brochure 2014 Winter & Extended Trips

Brochure available at the Arts, Antiques & Craft Fair
 Saturday, October 19, 2013
 9 a.m. - 1 p.m.

Fond du Lac Senior Center

Stop by and pick up a brochure to see some of our 2014 trips and where we'll be going on extended trips next year. Travel enthusiasts will be on hand to answer questions. Of course, do some holiday shopping at the

OUTREACH INTERNS



THANKS, KARA!

Thank you to Kara LeMense for help with the Senior Outreach Program over the summer. Kara was a Social Work Intern from Marian University who dabbled in several areas of outreach while working at the Senior Center under the direction of Jean Holzman. Thanks, Kara, and best of luck to you! [Kara visiting with Community Cares resident]

WELCOME, SARAH!

Meet Sarah Olson, our newest Marian University Social Work Intern, who will be working with Jean. Stop by and say hello to Sarah or attend one of the many programs she has planned to be held in the coming year. Sarah will work Mondays, Wednesdays, and Fridays in the area of Senior Outreach and with Wellness Programs. Welcome, Sarah!



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 921-4381 or 921-0580



SENIOR OUTREACH PROGRAM

Volunteer Training

9:00 – 11:00 a.m.

Continental Breakfast Served

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

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

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 Coord.
Resources in Fond du Lac County—Sandy Tyron, ADRC

Friday, October 25

Benefits of Volunteering & RSVP—Deb Tauer of ADVOCAP
Certificate Ceremony; Present Volunteers; Questions & Answers

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.

**SIGN
UP
NOW!**



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

**HUMOR, STRESS AND HEALTH:
LAUGH FOR THE HEALTH OF IT
FRIDAY, OCTOBER 11**



For planning purposes, call 322-3630 to pre-register.
• DOOR PRIZES • HANDOUTS • REFRESHMENTS

9–10 a.m.

Health Screenings:

- **Blood Pressure** by Heartland Hospice
- **Blood Sugar** (must fast) by Lutheran Homes & Health Services
- **Hearing** by Avada Audiology & Hearing Care

Health Info Booths:

Above & Beyond Home Care, Avada Audiology, Comfort Keepers,
Country Doctor, Dynamic Chiropractic, Good Vibrations,
Harbor Haven, Heartland Hospice, Kindred Hearts, Live Well FDL,
Lutheran Homes & Health Services, ResCare Home Care,
Second Set of Hands, TRIAD, Villa Loretto

10–11 a.m.

Speaker: Lynda A. Markut, MS

Education and Family Support Coordinator
Alzheimer's Association of SE Wisconsin

**Humor is a good antidote to stress. This presentation will lay the
groundwork for accepting a lifestyle that includes more humor.
Humorous stories and exercises are offered as to how to reframe
situations to add more humor into one's life.**

This month's Senior Wellness Morning is sponsored by
ABOVE AND BEYOND CARE SOLUTIONS

Fond du Lac Senior Center Friends Christmas Party

SPONSORED BY FOND DU LAC SENIOR CENTER HAPPY TRAVELERS

Tuesday ~ December 10, 2013

Holiday Inn

5:00 p.m. Social

5:30 p.m. Dinner



Entertainment Following Dinner:

"City Lights" (You'll love them!)

\$14.50 per person

Firm deadline to register is Wednesday, November 27

...UNLESS it fills with 250 before that date.

NO REFUNDS after November 27

- CASH door prizes & 2014 Dine Out Coupon Books
- 2014 Happy Travelers Trip Highlights

Menu is a choice of 2 entrées:

*roast turkey with dressing OR
BBQ glazed meatloaf with sautéed mushrooms & gravy
house salad and rolls
whipped potatoes & gravy vegetables
coffee, tea or milk a sweet dessert*

You **MUST** be a Friends member to attend. Space will be **LIMITED to 250** so sign up as soon as possible. Firm deadline to register is Wednesday, November 27, **UNLESS it fills before that date!** We must keep to this deadline and 250 participants.

NAME _____ Turkey **OR** BBQ Glazed Meatloaf \$14.50

NAME _____ Turkey **OR** BBQ Glazed Meatloaf \$14.50

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

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

CUT THIS RESERVATION FORM AT THE DOTTED LINE AND DROP OFF OR MAIL IN WITH PAYMENT IN OCTOBER. LIMIT OF 250 SO PLEASE REGISTER ASAP! IN THE PAST, WE HAVE HAD TO TURN PEOPLE AWAY DUE TO SPACE.

MONTHLY MOVIE

2 SHOWINGS!

“QUARTET”

Monday, October 7 OR Thursday, October 24

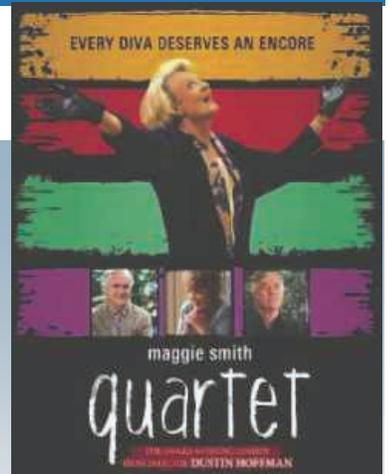
11:45 a.m. Lunch (optional)

MENU OCTOBER 7: Country Fried Steak, Mashed Potatoes, Copper Penny Salad, Seedless Grapes, Sliced Bread, Chocolate Pudding and Milk

MENU OCTOBER 24: Hungarian Goulash Casserole with Vegetables, Spinach Salad with Raspberry Vinaigrette, Corn, Dinner Roll, Butterfinger Torte and Milk

12:30 p.m. Movie: “Quartet”

Beecham House is abuzz. The rumor circling the halls is that the home for retired musicians is soon to play host to a new resident. Word is, it's a star. For Reginald, Wilfred, and Cecily this sort of talk is par for the course at the gossipy home. But they're in for a special shock when the new arrival turns out to be none other than their former singing partner, Jean Horton (Maggie Smith). Her subsequent career as a star soloist, and the ego that accompanied it, split up their long friendship and ended her marriage to Reggie, who takes the news of her arrival particularly hard. Can the passage of time heal old wounds? And will the famous quartet be able to patch up their differences in time for Beecham House's gala concert? **Director:** Dustin Hoffman. **Stars:** Maggie Smith, Billy Connolly, Michael Gambon, Tom Courtenay, Sheridan Smith, Pauline Collins, Luke Newberry, Elaine Powell. 2012, Rated: PG-13, 98 minutes, Comedy Drama.



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.

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- Must be elderly (62+) or disabled
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- 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 Resuming in November
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): **Rienzi Cemetery**
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 in RED!

BOOK CLUB
3rd Monday at 9:30 a.m.

October 21

Into Thin Air by Jon Krakauer

November 18

The Great Gatsby by F. Scott Fitzgerald

Book synopses available at front desk.

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 at 6:30 p.m.

Do you have an interest in coins? Join us!
New members welcome!

CRIBBAGE

Wednesdays at 1:00 p.m.

DANCES \$3.00 fee
Wednesdays at 7:30–10:00 p.m.

Date Performers

October 2 Bob & Marilyn (DJ/karaoke)

October 9 Roger (accordion) & Eddie (guitar)

October 16 Leota (accordion), Gerry (guitar)
& Syl (vocals)

October 23 Carl (concertina) & Gerry (guitar)

October 30 Kenny "B" (Country / Variety)

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

LINETTES (EZ Line Dancing)

Wednesdays at 9:00 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

PINOCHLE

Fridays at 1:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues *Looking for subs! See Judy Lange, Assistant Director, if interested.*

8-Ball Tuesdays 8:30 a.m.–12:30 p.m.

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

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m.

ROMEOS

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

Thursday, October 3, at noon

Pizza Ranch

Thursday, November 7, at noon

Sunset on the Water

(formerly Sunset Shores Supper Club)

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.

Saturday, October 19

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

Mancino's inside Ramada Plaza

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 1:45 p.m.

League Play (September–April)

Looking for bowling subs! Please see Judy Lange, Assistant Director, if interested.

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.

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

New members welcome!

HEALTH & WELLNESS

Last Bike Ride of 2013

Join us on **Wednesday, October 9, at 10 a.m. at the Rolling Meadows rest stop**, about 1/4 mile south of the golf course on Rolling Meadows Drive. The ride will be 9-10 miles round trip along Hickory Street Road to and from Hobbs Woods. After a short hike, return to Rolling Meadows Restaurant for lunch. Please call 322-3630 to register. 50¢ Donation. For cancellations on ride day, call Caroline Dilling at 922-3561.



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 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.** in the Activity Room. For comfort, wear walking shoes. 50¢ Donation. Make the mile walk with the video part of your fitness program.



OTHER EXERCISE

Hikers Tuesday & Thursday mornings
 Line Dancing Thursdays; 6–7:30 p.m.; \$10 for 4 weeks
 Beginning Line Dancing Saturdays, October 5, 12, 19;
 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.
 \$5 walk ins. Call 920-606-9078 for info.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Heartland Hospice

Friday, October 11; 9–10 a.m. *2nd Fri. of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, October 11; 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, October 10, 24, 31; Tuesday October 15

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, October 22; 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, October 24; 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, October 15, 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: Friday, November 15; 9–10 a.m.

Journeys, 1st Floor, St. Agnes Hospital, 430 E. Division St.

PROSTATE CANCER

Tuesday, October 8; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

PARKINSON'S SUPPORT GROUP

Monday, October 14; 10–11 a.m. *(2nd Monday of the month)*

Aurora Health Care Center, 210 American Drive, American Room

HEALTH & WELLNESS

Senior Outreach Program Training October 22, 23 & 25 9–11 a.m.

More volunteers are needed for our Senior Outreach Program. With just a few hours a month, volunteers make a large difference in the lives of lonely seniors. If you would like to learn more about the program or are interested in any of the training topics, here is your opportunity to come and check it out. There is no obligation to volunteer. The training sessions are open to the public and anyone is welcome to attend. See page 10 for details. Please call 322-3630 to register.



Friday, November 8, 8–1 p.m. Pancake Breakfast sponsored by Lake View Estates

Breakfast for the Brain

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

Like your muscles, your brain needs regular workouts to stay healthy and fit as you age. Breakfast for the Brain is a fun interactive wellness workshop for active adults like you. Mark your calendar for Mondays and Wednesdays from November 4 to November 20 from 9:30 to 11 a.m.

The cost is \$15 and the program is limited to the first sixteen seniors to sign up. Location: Aging and Disability Resource Center, 50 N. Portland St. Nan Baumgartner, retired Extension Educator, is the facilitator. Please come to the Senior Center and sign up to reserve your spot.



Use it or Lose It Thursday, October 3, 9 a.m.

Mary Jo Neumann of Lutheran Homes and Health Services has spent the past 30 years pursuing her passion for exercise, nutrition and healthy lifestyle management. She will explore 10 good reasons to incorporate exercise into your daily routine. This will be an interactive presentation and attendees will have the opportunity to participate in a variety of safe, age appropriate exercises. Mary Jo will also give information on healthy



Lifeline Screening: Thursday, October 17

To sign up for one of the five or all of the tests, please call 1-888-653-6450. Package of 5 tests is \$149.

Flu Shot Clinic: Thursday, October 31, 8-10 a.m.

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. Call the American Cancer Society at 1-800-227-2345.**



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will be visiting St. Francis Home, 33 Everett St., on Tuesday, October 22, at 2 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 is furnished for the resident. Volunteers can be any age. If you would like to participate or have questions, please call 322-3630. Just an hour makes a difference in lonely seniors lives.



SENIOR OUTREACH PROGRAM

Volunteers will meet **Thursday, October 3, from 9–11 a.m.** At 9 a.m., Mary Jo Neumann of Lutheran Homes & Health Services will present "Use It or Lose It." This presentation will cover health pointers and exercise for those with limited mobility. Mary Jo's interactive presentation and enthusiasm are sure to leave you with a desire to take steps to stay healthy. At 10 a.m. 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.

October 1	Blanck's -Johnsburg	W2655 Cty Q, Malone
October 8	Ala Roma	171 N. Pioneer Rd., FDL
October 15	Sunset on the Water	N7364 Winnebago Dr., FDL
October 22	Paddy's Pizza	302 W. Main St., Eden
October 29	Coliseum	91 S. Main St., FDL

GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

CAREGIVER CONFERENCE

A day of education and support for those who care.
Family and professional caregivers welcome!

Thursday, November 14 ~ 8:30 a.m.—3:30 p.m.

Ramada Plaza, 1 N. Main Street, FDL

\$5 Family caregiver • \$15 Professional caregiver

Register by November 8 by calling Ginny Nyhuis at
16 (920)838-1311 or email gnyhuis@alz.org for details.

SOCK HOP

**Saturday
November 9**

7:30—11:30 p.m.

Spectrum Roller Rink

605 Fond du Lac Avenue

Come "HOP" to support our Taylor Park & Pool

Sponsored by Friends of Taylor Park & Pool, Inc.

Entertainment by Record Entertainment

Lots of fun and great music!



**ALL PROCEEDS GO TO
SUPPORTING TAYLOR POOL!**

Please bring a can good for our local Food Pantry

Tickets - \$10.00 Available at Kremer Pharmacy, Wegner's Office Supply, or call 922-0430.

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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
<u>Singing</u>	Tuesday	10—11 a.m.	6	\$25
Sept. 10, 17, 24, Oct. 1, 8, 15 Nov. 5, 12, 19, 26, Dec. 3, 10				
<u>Oil Painting</u>	Tuesday	10 a.m.—noon	4	None
October 1, 8, 15, 22 Oct. 29, Nov. 5, 12, 19				
<u>Watercolor</u>	Tuesday	1—3 p.m.	4	None
October 1, 8, 15, 22 Oct. 29, Nov. 5, 12, 19				
<u>Mixed Media</u>	Tuesday	3—4:30 p.m.	4	None
October 1, 8, 15, 22 Oct. 29, Nov. 5, 12, 19				
<u>Sewing Lab</u>	Wednesday	3:30—6:30 p.m.	4	\$12
October 2, 9, 16, 23				
<u>Drawing</u>	Wednesday	6—8 p.m.	4	None
October 2, 9, 16, 23 Oct. 30, Nov. 6, 13, 20				
<u>Country Line Dancing</u>	Thursday	6—7:30 p.m.	4	\$10
October 3, 10, 17, 24 Oct. 31, Nov. 7, 14, 21				
<u>Beg. Country Line Dancing</u>	Saturday	10—11:30 a.m.	3	\$7.50
October 5, 12, 19 November 2, 9, 16				

Note about Art Classes at the Senior Center:

Due to the unexpected passing of our beloved art instructor Susan Lefebber in late July, the art classes have been 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.

If you know of someone who may be interested in teaching the art classes, that would be most helpful. Please see Judy Lange, Assistant Director, or phone her at 322-3633.

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 holiday cards for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards! **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.**



BEGINNING DANCE CLASS

Julie Wilson from Shut up & Dance Ballroom Studio will be offering Beginner Ballroom dance lessons on Monday evenings at 6:00 p.m. beginning October 7. Students will learn basic leading, following, rhythm & timing as well as a few simple patterns in a variety of dance styles including Waltz, Tango, Foxtrot, Cha Cha, Rumba and Swing. No prior dance experience is necessary and you do not need a partner. Students should understand that ballroom dancing is a physical activity requiring a good sense of mobility. All ages are welcome and the class is open to the public! Tell your friends and family! The class is just \$5 per person and is pay-as-you-go. No pre-registration is needed.



SCRAPBOOK CROPS ✂--✂--✂ LAST CROP OF THE YEAR!

• 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.**

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.

RED HAT HONEYYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

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 DARLING DUCKY BABY SHOWER for Jen Winkelmann.
 Come for ducky refreshments and games and to have fun. No gifts
 but pre-registration is required because Dottie's sister-in-law Marlene
 from Michigan is making the treats. Sign up in the binder by 9/27.

FUN ON THE FARM! (Villa Loretto Ranch)

Friday—October 11; 10:30 a.m. meet at Senior Center
 Tour, lunch, visit gift shop & hayride (weather permitting)
 A fun day on the farm—you'll love the animals! \$15.
HOSTESSES: Nancy Smet, Sue Tedford, Audrey Mathieu, and
 Donna Charneski—the Queen & HRH Court Check out the
 flyer at the front desk & sign up in the 3-ring binder by 10/8

NOVEMBER??

There is talk of meeting for lunch at the newly remodeled
 Sunset Supper Club. Watch for the RHH newsletter for details.
 Any other activities for Nov or Dec activities? C'mon ladies??

"O CHRISTMAS TREE" Christmas Party

You can sign up starting in mid October for the December
18 17th party at the Holiday Inn. Cost \$14

THIS 'n THAT

Craft & Gift Shoppe

HELP NEEDED FOR FAIR

Saturday—October 19

9:00 a.m.—1 p.m.

DESSERTS NEEDED

Rather than our usual soup & sloppy
 joe lunch, we will offer delicious
 desserts, popcorn, and ice cream
 sundaes at the Arts, Antiques & Craft Fair. If you would be
 willing to bake a torte, bars, pie, or specialty cake, please
 sign up at the front desk. This is *not* a bake sale but
 people will sit and have a 50¢ treat to take a break from
 shopping. Think yummy and tempting.



VOLUNTEERS NEEDED

If you would be willing to help with the Fair, please sign up
 at the front desk. We could use help with set up, clean up,
 popping popcorn, helping with the door prize giveaway
 every 1/2 hour, publicity, and greeting shoppers.

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2014 FRIENDS MEMBERSHIP APPLICATION

2014 membership valid NOW through December 31, 2014

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

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

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

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac Other: _____

CHOICE OF SUPPORT:

- \$10.00 Single
- \$15.00 Couple (Husband and Wife)

RENEW or JOIN before December 31, 2013 and be eligible to win prizes in our 2014 Friends Membership Drive... a chance to WIN \$100 AND MORE!

- \$_____ **Utility Donation for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board of Director to City Council to help cover the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2014 is optional but *very much appreciated!*
- \$50.00 **FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2014 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.
- \$100.00 **FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2014 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the \$5 chapter dues. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

NEW 2014 Member Renewal Receptionist Initials _____

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

Received Among Friends Newsletter Received Happy Travelers Info Red Hat Dues also paid

OCTOBER NEWSLETTER



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MISSION

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