

# Among Friends



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

**November 2013**

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

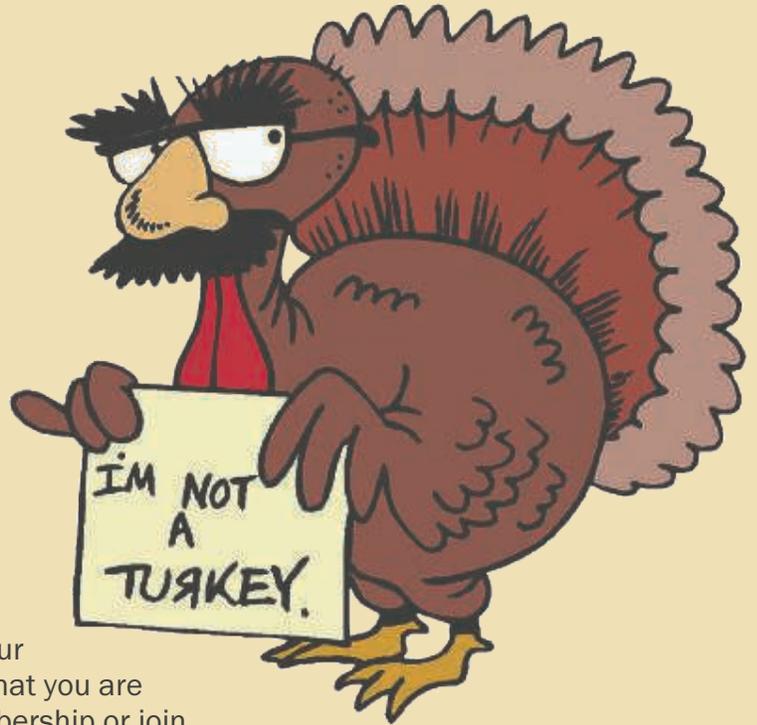
The 2014 Friends Membership Drive runs from October 1 - December 30, 2013

## DON'T BE A TURKEY...

Join or renew your  
Friends membership  
now for a chance to  
**GOBBLE UP**  
fabulous prizes in our  
**2014 MEMBERSHIP DRIVE**

### 2616 Friends members in 2013!

It's thrilling to see the number of seniors who are coming to the Senior Center to take advantage of our many programs, services, and activities. We hope that you are a satisfied participant and plan to renew your membership or join for the first time. Complete the membership form on page 19 and mail it with your check or drop it off with a check or cash at the front desk **BEFORE** December 30, 2013, and you just might win a prize. You are automatically entered into our random drawing with your completed membership form.



**GOBBLE 1st PRIZE: \$100 CASH GOBBLE**

**OTHER 2014 MEMBERSHIP DRIVE PRIZES INCLUDE:**

▪ \$25 Gift Card to JCPenney, Kohl's or Sears ▪ Schreiner's Restaurant Gift Certificates ▪ 2014 Dine Out Coupon Books

**Turn to page 19 for a 2014 Friends membership form and JOIN NOW!**

# WELCOME TO THE FOND DU LAC SENIOR CENTER



## November 2013

A Free Monthly  
Publication  
Vol. 4 • No. 11

### What's Inside

2014 Dine Out Coupon Book.....	2
Tax Volunteers Needed .....	3
Upcoming Programs.....	4-5
MPTC Classes .....	6-7
Happy Travelers .....	8
News & Notes .....	9
Pancake Breakfast.....	10
Christmas Party.....	11
Monthly Movie.....	12
Recreation.....	13
Health & Wellness.....	14-15
Senior Outreach .....	15
Community.....	16
Classes & Crops / Services.....	17
Red Hat Honeys / Craft Shoppe.....	18
2014 Membership Form.....	19



City of Fond du Lac

### Fond du Lac Senior Center

151 E. 1st St.  
Fond du Lac, Wisconsin 54935  
Phone ..... (920)322-3630  
Email..... dwinkelman@fdl.wi.gov  
Hours ..... M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.*

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

### 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.



2



## 2014 DINEOUT COUPON BOOKS

The 2014 Friends of the Fond du Lac Senior Center Dine Out Coupon Book contains nearly 50 coupons that offer discounts at about 40 area restaurants:

- A&W Drive-In** \$1 OFF Papa Burger Combo or Bacon Cheese Burger Combo  
Buy One Root Beer Float or Smoothie, Get One FREE
- Ala Roma Italian Pizzeria & Pub** Buy a Meal at Regular Price, Get ½ OFF 2nd Meal
- Backyard Grill & Bar** \$2 OFF Friday Night Perch Plate or Baked Haddock
- Blanck's Supper Club (Johnsburg)** \$3 OFF Purchase of \$10 or More
- Blanck's Lake Aire Supper Club** \$3 OFF One Dinner with Purchase of 2nd Dinner
- Boda's Restaurant (NEW!)** Buy One Breakfast, Get One Breakfast FREE
- Capone's (Big Al Capone's)** \$2 OFF on a Wisconsin Fish Fry Buffet
- Coliseum Sports Bar & Grill** Buy Entrée at Regular Price, Get ½ OFF any Appetizer
- Cool River Sports Grill** Buy Entrée at Regular Price, Get ½ OFF on 2nd Entrée
- Cousins Subs** Buy a 7½" Sub, Chips & Regular Drink, Get a 2nd 7½" Sub FREE
- Dairy Queen East** Buy One ¼# Grillburger, Get One FREE
- Dairy Queen West** Buy One Grilled Chicken Basket, Get One FREE
- Dillon's—Ledgewood Lanes** \$1.50 OFF on a Friday Fish Fry (on up to two dinners)  
\$5 OFF on any Specialty Pizza (Good on up to two pizzas)
- Eden Café & Eden Grill in Taycheedah** Buy a Texas-style Sandwich, Get One ½ OFF
- Fat Joe's** 15% OFF any menu item
- Friar Tuck's (NEW!)** 10% OFF on entire bill (one guest check)
- Gille's Frozen Custard Drive-In** Buy a Sandwich, Get a Sandwich FREE (2 coupons)
- Gino's Italian Restaurant** \$3 OFF Any Pizza Entrée
- Korneli's Main Street Express** \$2 OFF any item from Korneli's Kitchen & Catering  
FREE Personal Meal with any Korneli purchase
- Main Exchange** Buy Entrée at Regular Price, Get ½ OFF 2nd Entrée (up to \$6)
- Mancino's (Now 2 locations!)** Buy Pizza or Grinder, Get ½ OFF 2nd Pizza or Grinder
- Oak Central** 50% OFF Second Meal (Friday night only)
- Paddy's Pizza** \$2 OFF Any 14" or 16" Homestyle or Thin Crust Pizza
- Parrot Palms** Buy One Entrée at Regular Price, Get ½ OFF 2nd Entrée (up to \$6)
- Philly's on 4th** FREE 2-liter soda with any medium or large pizza purchase  
Buy a 4-pc Chicken Dinner or Large Pizza, Get a Leg & Thigh Dinner FREE
- Philly's on the Miracle Mile (NEW!)**  
FREE Bag of Chips & 32 oz. Fountain Soda with Any Sandwich Purchase  
One Scoop Regular Cone or Dish for 89¢ or One Scoop Waffle Cone for \$1.49
- Pioneer Pit Stop** Buy Dinner at Regular Price, Get ½ OFF 2nd Dinner
- Pizza Ville (NEW!)** \$1 OFF Any Buffet or Delivery Purchase
- Pump 'n Pantry** Buy Dinner at Regular Price, Get ½ OFF 2nd Dinner
- Red Cabin at Green Acres** 10% OFF Entire Bill (Food only)
- Salty's Seafood & Spirits (NEW!)** 10% OFF on entire bill (one guest check)
- Schmitt's Oar House** Buy One Entrée, Get ½ OFF 2nd Entrée (up to \$6)  
½ OFF Any Gourmet Pizza (up to two toppings)
- Sebastian's Steak House (NEW!)** 10% OFF on entire bill (one guest check)
- Sombrero's** \$5 OFF Any Purchase of \$25 or More
- Sunset on the Water (NEW!)** With a guest check of \$20 or more, Get a \$5 Gift Certificate Good on Next Visit
- Trinity Restaurant & Hall (NEW!)** FREE Glass of Wine or Bottle of Beer with Any Entrée Purchase (\$5 Limit)
- Tuckers** \$1 OFF Any Beer Batter Fish Dinner  
Buy Homestyle Cheeseburger & Reg. Soda, Get Homestyle Cheeseburger FREE
- The Welsch (NEW!)** Buy One Sandwich or Dinner Entrée, Get One FREE  
\$2 OFF Friday Night Fish Fry PLUS FREE Soup & Salad Bar (\$5 value)
- Wendt's on the Lake** With a guest check of \$20 or more, Get a \$5 Gift Certificate Good on Next Visit (Not good on Friday)

**Other restrictions, exclusions and limitations may apply on coupon offers. See coupon for details. Thank you to these restaurants and businesses for their support and generosity in this fundraiser!**

# TAX VOLUNTEERS NEEDED

## Training opportunities start soon – call NOW for more information, or to volunteer!

If you are computer literate and good with numbers, have some basic tax knowledge and enjoy helping people, your help is needed during this coming tax season. We provide free personal income tax assistance to elderly and low-to-moderate income taxpayers. The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP.



Two roles are available: 1) Client facilitators - are needed to organize the client's personal information. They will have a short training session of about two hours to prepare for the season. 2) Preparers - will use TCE materials to prepare for and complete a proficiency test prior to formal training. They will prepare tax returns for our clients from the first week in February until mid-April.

Instructional materials will be provided to be used for individual study of tax law. Preparers must pass an open-book proficiency test on the materials prior to January training. Optional Wednesday sessions in November will provide practice using our tax software and will review tax law. Sessions will be scheduled in December to train volunteers. Mandatory day-long training sessions will be held January 14, 15 & 16 at the Senior Center or MPTC. The sessions will be taught by certified instructors Jim Pollard and Mike Sweny and will train volunteers on Wisconsin tax law, as well as reinforce and expand upon their individual federal preparation. Preparers and client facilitators are expected to volunteer at least one 4-hour session per week. Many volunteer a full day, or more.

TCE volunteers are people who like to help others. They are also motivated to learn the tax system and apply their knowledge and tax skills to assist others. Jim and/or Mike will be on site every session. Tax appointments will be made Tuesdays, Wednesdays and Thursdays during the ten-week tax season. For more information, please contact the Senior Center at 322-3630 or Mike Sweny at 923-1916.

## 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 December's *Among Friends* newsletter is Monday, November 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.

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 \* **Assisted Living** \* **Skilled Nursing Facility**

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 Tarfa Terrace Assisted Living | Wellness & Rehab Center  
 DeNeveu Creek Retirement Community

**www.lutheranhomesfonddulac.org**  
**920-921-9520**

**READER'S CHOICE 2011**

**CALVARY CEMETERY**  
 Darlene Hoffmann, Mgr.

Call For Free Information  
**920-923-2202**

Indoor & Garden Crypts  
 Niches, Graves & Monuments  
**www.calvarycemeteryfdl.com**

**3 Great Fond du Lac Locations to Serve You**

969 E. Johnson St.  
 (next to Festival Foods)

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Jodi Riley, Property Manager

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# UPCOMING PROGRAMS

## BAGELS WITH BEN

Hosted by: Ben Baertschy

Financial Advisor with Edward Jones Investments

**NOVEMBER 4: Phil Shepherd, Attorney**

Topic: Estate Planning

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

## 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.**

## THE POWER OF COLOR

**Monday—November 11, at 1:30 p.m.**

**Alexandra Benz, Certified Image Consultant**

**Discover ways to use color to your advantage**



**Do you know...**

- ◆ Which color increases your blood pressure?
- ◆ Which color is healing to the heart?
- ◆ Which color curbs your appetite?
- ◆ Which color increases your appetite?
- ◆ Which color makes you fidgety?
- ◆ Which color sells a house faster?
- ◆ What are the four responses to color and how can you use these responses to your advantage?

**Find out the answers to these and other interesting questions at this entertaining and informative presentation.**

**For planning purposes, please register to attend—call the Senior Center at 322-3630 by Thursday, November 7, if you wish to attend.**

## AARP MEETING

**Thursday—November 21, at 1:30 p.m.**

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

**Julie will discuss updates in  
Medicare and the Affordable  
Care Act (Obamacare).**

AARP 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.

Medicare  
& You

**The Senior Center will be CLOSED**

**on Thursday, November 28,  
and Friday, November 29.**

**Have a blessed Thanksgiving holiday!**





# HOLIDAY PROGRAMS



## AARP CHAPTER #614 Christmas party

**Wednesday ~ December 18**  
**North Fond du Lac Community Center**  
281 Garfield Street      North Fond du Lac

**Social ~ 11:30 a.m.**  
**Luncheon ~ Noon**  
Followed by Musical Entertainment

**MENU:** Beef tips, chicken, mashed potatoes & gravy,  
green beans, fruit fluff, cake, and beverages

**COST: \$10 per person**

Make check payable to "AARP Chapter 614," and mail to  
Ardie Zarling, N7949 Lakeshore Drive, Fond du Lac, WI 54937.  
The deadline to register is Friday, December 13.

**\*GREAT FOOD    \*ENTERTAINMENT    \*FUN**

\*Opportunity Raffle – get a raffle ticket for a chance to win  
a \$25 Kohl's gift card for each canned good donation  
(the more cans you bring, the better your chances to win)

Deadline to register: Friday, December 13; Limit of 80 attendees

\*If you would like to join for \$3, your membership is good now through  
December 2014. Those joining by January 16 will be eligible for prizes in  
a random membership drawing to be held at the AARP General Meeting  
at the Senior Center on Thursday, January 16, 2014.

  
Please  
don't forget  
to register for the  
**SENIOR CENTER**  
**CHRISTMAS PARTY**  
**TUESDAY, DECEMBER 10**  
**AT THE HOLIDAY INN**  
**!!!**



Please join us for this festive holiday tradition! Registration  
is required—a [registration form and other details can be  
found on page 11](#) of this newsletter. Firm deadline to  
register: Wednesday, November 27, unless it fills with 250  
people before that date.

Senior Outreach Volunteers of  
the Fond du Lac Senior Center  
invite you to help decorate our

## HEART TREE

*Delicate spun glass  
heart ornaments*

***\$2.00 donation***



The Senior Outreach Program is sponsored by the FDL Area  
United Way, FDL County Department of Community  
Programs, Friends of the Senior Center and FDL Area  
Foundation. The program's mission is to create an  
awareness of community resources and to meet various  
needs of seniors in our community through one-to-one  
mentoring relationships with trained volunteers and a  
friendship program.

Open your heart to the Senior Outreach Program and  
donate \$2 for an ornament in memory of a loved one who  
is deceased or in honor of a family member, friend, co-  
worker, or other special person in your life. The purchase of  
each spun glass heart ornament is a donation to the  
program. Rather than keeping the ornament, the spun  
glass heart ornament will be placed on the Heart Tree at  
the Senior Center for the holidays. The deadline to dedicate  
ornaments for the tree is *January 29, 2014*. The Heart Tree  
will be located in the Senior Center Activity Room. Proceeds  
benefit the Senior Outreach Program. A heart tree  
dedication ceremony will be held on February 6, 2014.

### HEART TREE ORDER FORM

**~ PLEASE PRINT ALL NAMES CLEARLY ~**  
Please put a heart on the HEART TREE in memory of (Deceased) :

\_\_\_\_\_  
\_\_\_\_\_

Please put a heart on the HEART TREE in honor of (Living) :

\_\_\_\_\_  
\_\_\_\_\_

**\$2.00 EACH NAME    Total Enclosed \_\_\_\_\_**

*(Make check payable to: Friends of the Fond du Lac Senior Center)*

**DONATED BY:**

*Name* \_\_\_\_\_

*Street* \_\_\_\_\_

*City* \_\_\_\_\_ *Phone* \_\_\_\_\_

# 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 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 often fill fast—early registration is recommended!



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

## MPTC BASIC COMPUTER CLASSES

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

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

103-483-20772	T, W, R	November 12, 13, 14	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
103-483-30623	M, F, M	January 13, 17, 20	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55
103-483-30627	M, T, W	April 21, 22, 23	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55

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
103-485-30624	F, M, F	January 24, 27, 31	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55
103-485-30628	M, T, W	April 28, 29, 30	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

103-490-21759	T, W, R	December 10, 11, 12	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
103-490-30625	M, F, M	February 3, 7, 10	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55
103-490-30629	M, T, W	May 5, 6, 7	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$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
103-491-30626	F, M, F	February 14, 17, 21	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55
103-491-30630	M, T, W	May 12, 13, 14	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55

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.

# MPTC RECREATIONAL COMPUTER CLASSES

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 hours	JoAnne Smith	\$19.15	\$24.20
203-640-31047	Friday	April 4	1 time	1:00—5:00 p.m.	4 hours	TBD	\$19.15	\$24.20

Examine digital camera features and learn technology and jargon such as megapixel and flash memory. Experiment with different types of digital cameras. Learn how to share digital photos with friends and family by email or over the internet.

## IDENTITY THEFT AND SCAMS

102-601-30962	Friday	March 14	1 time	1:00—4:00 p.m.	3 hours	TBD	\$19.15	\$24.20
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Discover to do to protect yourself from identity theft and how thieves can obtain identity information. Explore the latest trends, common links and examples of consumer (including senior citizen) scams and fraud, and discover ways to protect yourself.

## PINTEREST

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

103-669-31021	Wednesday	May 7	1 time	1:00—3:00 p.m.	2 hours	JoAnne Smith	\$11.58	\$14.10
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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 hours	JoAnne Smith	\$19.15	\$24.20
103-679-30646	Tuesday	April 15	1 time	8:00 a.m.—Noon	4 hours	JoAnne Smith	\$19.15	\$24.20

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.

## 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.

## IS THE IPAD FOR YOU?

103-606-31014	Monday	May 5	1 time	1:00—4:00 p.m.	3 hours	JoAnne Smith	\$19.15	\$24.20
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Learn about the iPad to determine if you could use the iPad instead of a computer and/or as an additional computer. Connect wirelessly to the internet almost anywhere there is access to a cell tower to send and received email, read books, take pictures, look at photos, write letters and essays, research family trees, play games, watch movies, and listen to music—all with limited computer knowledge. Find out what decisions you need to make prior to purchase.

## INTRODUCTION TO USING THE IPAD

103-607-31016	M, T, W	May 12, 13, 14	3 days	1:00—4:00 p.m.	9 hours	JoAnne Smith	\$41.88	\$54.50
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Learn how to use the iPad including how to set it up, how to find, install and use productivity and entertainment apps, how to access the Internet and use email, how to create files, and tips on how to perform useful functions and enjoy other features. You will need to have your own iPad.

## SETTING UP A FACEBOOK PROFILE

103-678-30645	Thursday	May 8	1 time	8:00 a.m.—Noon	4 hours	JoAnne Smith	\$19.15	\$24.20
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an e-mail account.

## USING CRAIGSLIST

103-603-31012	Tuesday	May 6	1 time	1:00—5:00 p.m.	4 hours	Karen Beaman	\$19.15	\$24.20
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Learn about buying and selling items on Craigslist, including how to get started, how Craigslist works, understanding the options for listing and paying for items, and developing an awareness of security issues.

# 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

Thursday—November 7, 2013 ~ 1 p.m.  
Fond du Lac Senior Center

PREMIER WORLD DISCOVERY PRESENTS:

### GREAT TRAINS & GRAND CANYONS

September 14—19, 2014

6 Days—8 Meals: 5 breakfasts, 3 dinners

COST: \$1,999 DBL

Price includes round trip air from Mitchell Int'l Airport (MKE)

The Grand Canyon is a triumph of nature. The railroad that serves it a triumph of man. Come to this 2014 Trip Preview to see how you can experience both!



#### Tour Highlights

- Two Rail Journeys:  
Grand Canyon Railway &  
Verde Canyon Railroad
- Grand Canyon National Park
- Oak Creek Canyon
- Black Bart's Steakhouse
- Sedona Trolley Tour
- Chapel of the Holy Cross
- Tlaquepaque &  
Uptown Sedona
- Montezuma Castle
- Jerome
- Chuckwagon Supper / Show
- Old Town Scottsdale

#### Inclusions

- Roundtrip Airfare
- 5 Nights Accommodations
- Sightseeing per Itinerary
- Admissions per Itinerary
- 8 Meals:  
5-Breakfasts & 3-Dinners
- Hotel Transfers
- Professional Tour Director
- Motorcoach Transportation
- Baggage Handling

#### Accommodations

5 Nights - Hilton Sedona  
Resort or Poco Diablo Resort,  
Sedona, Arizona



Tuesday—December 10

Holiday Inn

COST: \$14.50 per person

#### PARTY HIGHLIGHT: 2014 TRIP SCHEDULE

What day trips, overnight trips and extended trips has Mary planned for the Happy Travelers in 2014? Be the first to hear about the amazing trips planned for next year when the 2014 trip schedule is handed out. Please see page 11 for Christmas Party details and reservation form.

### “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. All choices are served with a generous house salad, garlic bread, soda and a fudge sundae.

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

Please call the Senior Center at 322-3630 to pre-register to attend this free Trip Preview.

8 Refreshments and a door prize will be included.

# HO HO HOTLINE!

# NOTES & NEWS

## 15 Volunteers Needed!



**VOLUNTEERS ARE NEEDED** to answer the telephone for ONE HOUR with our Ho Ho Hotline in December. Would you be willing to chat with local children when they call to talk to Santa or Mrs. Claus and share their "wish lists"—**both men and women are needed.** The Hotline days will be Monday through Friday, December 1–23. The hours will be from 3:30–4:30 p.m. at the Senior Center. Please call the Center at 322-3630 if you could help one or more days. We need 15 volunteers! The children—*and seniors*—loved it last year.

**Thanksgiving is the perfect time to reflect on the many blessings we enjoy the whole year through...**

The Senior Center is thankful for the many volunteers who give of their time and talents and are so vital in making the Senior Center the wonderful place it is... *where friends meet.*



## GIVE THE GIFT OF MUSIC THIS CHRISTMAS

The Red Hat Honeys Chorus have produced a Christmas CD which is on sale for \$8 in our This 'n That Craft & Gift Shoppe. Get in the Christmas spirit—pick up a copy for yourself or a friend.



Song List:

- |                              |                      |
|------------------------------|----------------------|
| 1. Jingle Bells              | 7. Silent Night      |
| 2. Do You Hear What I Hear?  | 8. Christmas Cookies |
| 3. Calypso Noel              | 9. In Winter         |
| 4. Where Are You, Christmas? | 10. Showbiz Snowman  |
| 5. Twelve Days               | 11. A Blessing       |
| 6. Canon of the Bells        | 12. Let It Snow      |

## LOST & FOUND

Our Lost & Found has accumulated so many items! If you think you may have lost something at the Senior Center, please check with the receptionist to see if it is in our Lost & Found. Unclaimed items will be discarded or donated to charity. Items include: car foil sun visor, hats, scarves, gloves, three crocheted afghans, coin purses, umbrellas, jewelry, keys, sun glasses, insulin kit, reading glasses, cane, camera, sweatshirt, camera memory card, rain hat, cell phone cover.



## Southlake and Ashbury Senior Living

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~Ask about our Specials~  
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# SKIN CANCER

It Can Happen to You. **Would you Know it if you saw it?**



**Mohs Micrographic Surgery** is the gold standard of treatment for skin cancer, offering the highest cure rate while minimizing the risk of scarring. Dermatology Associates of Wisconsin is the largest skin cancer treatment group in Wisconsin. Our surgeons treat thousands of skin cancers annually using Mohs Micrographic Surgery, most of which are repaired with advanced cosmetic reconstructive surgery.

## AGNESIAN HEALTH SHOPPE

Home Medical & Respiratory Equipment

327 Winnebago Dr., Fond du Lac • (920) 926-5277

## Harbor Haven Health & Rehabilitation

- Short-term Rehab Services
  - Medicare Certified
  - Alzheimer's Care
  - Hospice Care
  - Mental Health Care/Specialized Services
- 459 E. First Street, Fond du Lac • 920-929-3522  
Serving the Community for Nearly 40 Years!



## HOUSE CALLS ARE OUR SPECIALTY!

- Personal Care - Short or Long Term
- Homemaker Services - Short or Long Term
- Respite Care
- Companionship

Because we care Help is on the way



**923-1155** Equal Opportunity Employer 286 18th Street • Fond du Lac

## Residential Services, Inc.

Affordable housing for older adults

### WE PROVIDE:

- 24-hour supervision • Caring & trained staff
- Community & home activities • Family-oriented home setting
- Home-cooked meals • And more...

**LINCOLN HOUSE:** 342 Forest Ave. • **FRANKLIN HOUSE:** 349 W. 11th St.  
call **922-7072**

Serving the people of Fond du Lac for over 38 years



Christopher S. McFarlane DDS  
Mark J. Ridenour DDS

Services provided:  
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IV Sedation • Tooth Removal

**NEW PATIENTS WELCOME**

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Fond du Lac, WI 54937  
(920) 921-5001

www.omswinnbago.com

## Shepherd LAW OFFICES

Philip A. Shepherd  
Wills, Trusts &  
Powers of Attorney  
**920-933-3600**



## St. Charles Cemetery

A Peaceful Country Place  
on the Ledge

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

# SPECIAL EVENT AT THE SENIOR CENTER

## Friday, November 8

Enjoy a delicious ALL-YOU-CAN-EAT pancake breakfast

### 8 a.m. – 1 p.m.

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



Stop by for health screenings, watch a Health DVD, EAT PANCAKES, and then PLAY BINGO! (see below)

**COST: \$4** Includes: All-you-can-eat Pancakes, Sausage, Applesauce, and Beverage

Sponsored by Lake View Estates • Reservations are appreciated by calling 322-3630, but walk-ins welcome!

## Odd Month Bingo

November's Bingo Theme is **GIVING THANKS** and **VETERANS**

### 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. "Becoming an Educated Patient"

Dr. Goodman makes suggestions on making the most of your doctor visit. He also explains what are alternatives to conventional medicine and how to evaluate information found on the Internet.

### Odd Bingo 10 – 11 a.m. "Give Thanks / Veteran Bingo"

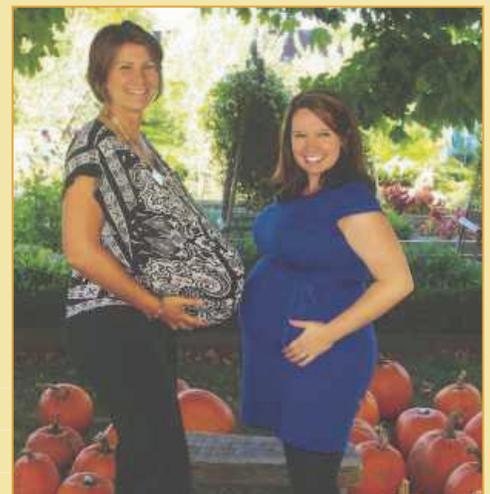


This month's theme features two November holidays: Thanksgiving and Veteran's Day. Bring along a list of words associated with giving

*Thank a Veteran* thanks and veterans to win cash. You must *pre-register* to attend ODD MONTH BINGO as space is limited to 40. Register at the front desk.

10 Pay 50¢ for 2 cards on Friday, November 8.

*Give Thanks*



Jocelyn Deanovich & Jamie Roth, members of the Senior Wellness Coalition, couldn't resist being silly! Which one of these ladies will deliver her little pumpkin first? (Jamie's is real and due in November, Joscelyn is THANKFUL her's is not...)

# 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

NOTE NEW  
LOCATION!

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!

## "THE GREAT GATSBY"

Thursday, November 14 OR Monday, November 25

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

**MENU NOVEMBER 14** : Salmon Loaf, Sour Cream & Chive Potatoes, California Blend Vegetables, Pear Slices, Dinner Roll, Gingerbread Cake and Milk

**MENU NOVEMBER 25** : Baked Chicken, Twice Baked Potatoes, Pickled Beet Salad, Pear Slices, Sliced Bread, Cinnamon Roll and Milk

### 12:30 p.m. Movie: "The Great Gatsby"

"The Great Gatsby" follows would-be writer Nick Carraway as he leaves the Midwest and comes to New York City in the spring of 1922, an era of loosening morals, glittering jazz, bootleg kings, and sky-rocketing stocks. Chasing his own American Dream, Nick lands next door to a mysterious, party-giving millionaire, Jay Gatsby, and across the bay from his cousin, Daisy, and her philandering, blue-blooded husband, Tom Buchanan. It is thus that Nick is drawn into the captivating world of the super rich, their illusions, loves and deceits. As Nick bears witness, within and without of the world he inhabits, he pens a tale of impossible love, incorruptible dreams and high-octane tragedy, and holds a mirror to our own modern times and struggles. **Stars:** Leonardo DiCaprio, Tobey Maguire, Joel Edgerton, Carey Mulligan. 2013, Rated: PG-13, 142 min., 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.

### FOR RENT – ELDERLY HOUSING

One Bedroom Units • Rent based on Income  
No Asset Limitations

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

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

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

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

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

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

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

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

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

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

### NORTHGATE SENIOR APARTMENTS

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

An Independent Living Community For 55+

-Certain Income Guidelines Apply-

1 and 2 Bedroom  
Apartments Available

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All Utilities Included (Except Electric)  
Heated Underground Parking,  
Senior Dining, Bingo & More



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Need throughout the State of Wisconsin

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### PORTLAND SQUARE APARTMENTS

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LARGE ONE BEDROOM  
APARTMENTS FOR SENIOR  
AND DISABLED

Rent is 30% of your  
monthly adjusted income.  
Convenient, Secure Location,  
Professional Management  
Home to Fond du Lac County  
Senior Meal Site  
Social Service Coordinator

Call Today  
920-922-2562

55 North Portland St.  
Fond du Lac, WI

# RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

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

**ART CLUB** 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 Sr. Apts  
5th Tuesday: Right at Home

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

**November 18**

*The Great Gatsby* by F. Scott Fitzgerald

**December 9 (Note date change)**

*Meet at Faro's Family Restaurant for breakfast. Bring a favorite book to share—Christmas or other.*

**January 20**

*The English Girl* by Daniel Silva

*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.

**CRIBBAGE**

Wednesdays at 1:00 p.m.

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

**Date Performers**

Nov. 6 Bob & Marilyn (DJ/karaoke)

Nov. 13 Roger (accordion) & Eddie (guitar)

Nov. 20 Leota (accordion), Gerry (guitar) & Syl (vocals)

Nov. 27 Carl (concertina) & Gerry (guitar)

**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 Stitchers 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, November 7, at noon**

**Sunset on the Water**

(formerly Sunset Supper Club)

**Thursday, December 5, at noon**

**Gino's Italian Restaurant**

**SCAMP** (Senior Center Band)

Wednesdays at 8:30 a.m.

**SCRAPBOOK CLUB**

First three Thursdays at 10:00 a.m.

**Char-tastic Crafters**

1st & 3rd Thursday from 6–8 p.m.

**SHEEPSHEAD** \$1.50

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, November 15**

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

**Knights of Columbus Hall**

**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



## EXERCISE CLASSES

### LOW IMPACT CHAIR EXERCISE

with Jaime Roth

**Mondays 9:00 – 9:30 a.m.**

Sponsored by *All About Life Rehabilitation Center*

### CHAIR EXERCISE VIDEO

*Men & Women Welcome!*

**Wednesdays 10:10 – 10:40 a.m.**

Video furnished by *Lutheran Homes and Health Services*

## Free Health Screenings, Video and Odd Month Bingo Friday, November 8

**9–10 a.m. Blood Sugar Screening**

**Blood Pressure Screening**

**9:15–9:45 a.m. DVD—*Becoming an Educated Patient***

Suggestions on making the most of your doctor visit and explaining alternatives to conventional medicine.

**10–11 a.m. Odd Month Bingo**

Reservations required. See page 10 for details.



## TAI JI

Our current session will end on December 10. We want to thank Bonnie and Nancy for their years of excellent service as Tai Ji instructors and wish them well in their retirement. We are seeking a new instructor for 2014. If you know

of someone qualified to teach Tai Ji, please ask them to contact Jean Holzman as soon as possible at 322-3636.

## 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. As the weather turns cold, why not join us indoors for exercise? Keep fit during the holiday season.



## OTHER EXERCISE

Hikers ..... Tuesday & Thursday mornings  
Line Dancing .... Thursdays; 6–7:30 p.m.; \$10 for 4 weeks  
Beginning Line Dancing ..... Saturdays, November 2, 9, 16; 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.  
**14** \$5 walk ins. Call 920-606-9078 for info.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Agnesian Home Care

**Friday, November 8; 9–10 a.m.** *2nd Fri. of the month*

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

**Friday, November 8; 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, November 7, 14, 21; Monday, 11/25**

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

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, December 13; 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, November 26; 10 a.m. through the day**

*Usually 4th Tuesday of the month*

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

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, 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, January 23, 2014; 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, November 19, 4–5 p.m.** *(3rd Tuesday of the month)*

Aurora Health Care Center, 210 American Drive, American Room

**Tuesday, December 10, 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, November 12; 8:30 a.m.** *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

### PARKINSON'S SUPPORT GROUP

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

Aurora Health Care Center, 210 American Drive, American Room

# HEALTH & WELLNESS



Please support our **Senior Outreach Program fundraisers: Friday, November 8 8 a.m.—1 p.m.**

## **Pancake Breakfast** sponsored by *Lake View Estates*

All you can eat pancakes for \$4. Please call 322-3630 to reserve, but walk-ins welcome.

## **November 5—January 29**

### **Heart Tree Ornaments**

Honor a loved one! \$2 each. **Order form on page 5.** The heart tree dedication will be Thursday, February 6, in the Activity Room at 10 a.m.



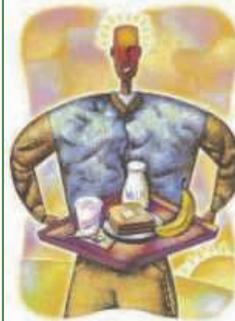
### **LOOK GOOD...FEEL BETTER**

#### **Wednesday, December 11**

**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.**



### **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. Come to the Senior Center and sign up to reserve your spot.

### **Navigating the Maze**

This is a program designed with adult children in mind who are faced with the role of care giver for aging parents and at the same time maintaining their own family and self. You will learn of valuable tools and information that address the practical, financial, emotional and spiritual aspects of the journey. **Tuesday, November 19, at 2 p.m. at the Fond du Lac Lutheran Home, 244 N. Macy Street, Fond du Lac. Please call 322-3630 to register.** Refreshments served.



### **Fall Prevention**

**Thursday, November 7, 2013, 10 a.m.**

Mary Johnson of Clarity Care will give a PowerPoint presentation explaining steps you can take to avoid falling. Please call 322-3630 to register.



## **SENIOR OUTREACH PROGRAM**

*Reaching Out – Touching Lives*



### **COMMUNITY CARES**

Volunteers will be visiting **Kindred Hearts**, 566 Sherwood Drive, **on Tuesday, November 26, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer for these one-on-one visits. A small gift 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, November from 9—11 a.m.** At 9 a.m., we will meet to turn in reports and provide support and information. At 10 a.m., **Mary Johnson of Clarity Care will share information on preventing falls and special tips for staying safe in winter.** Don't miss this important presentation because falls are a major cause of injury for those age 60 and above. More than 1250 falls were reported by the FDL Fire Department for those over 60 between 2006 and 2011. Learn how to avoid injury.

**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 *Fond du Lac Senior Dining Group* invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

- Nov. 5 Sebastian's Steak House
- Nov. 12 Schreiner's Family Restaurant
- Nov. 17 Fat Joe's Bar & Grill
- Nov. 26 Blanck's Lake Aire

**OPEN TO ANYONE  
55 AND OLDER**

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

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

## SOCK HOP

Come "HOP" to support our Taylor Park & Pool

**Saturday, November 9 ~ 7:30—11:30 p.m.**

**Spectrum Roller Rink Tickets - \$10.00**



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

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

16

## 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 \$5 Family caregiver • \$15 Professional caregiver**

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

## DRIVERS WANTED

The American Cancer Society is seeking volunteer drivers for their Road to recovery program. One of the toughest challenges people with cancer face is getting to and from their lifesaving treatments.



At this time, there are many Fond du Lac cancer patients that will benefit from this program. If you can help, please call 1-800-227-2345 or visit cancer.org.

**Road to Recovery®**

## PIE TINS WANTED

Lake View Estates has asked for help in collecting disposable pie tins and pot pie tins for an upcoming project at their facility. Please bring tins to the Senior Center front desk if you can help.

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# CLASSES & CROPS

## ART & RECREATION CLASSES

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

Class	Day	Time	Weeks	Cost
<b>Singing</b>	Tuesday	10–11 am	6	\$25
Nov. 5, 12, 19, 26, Dec. 3, 10		Look for more classes in spring		
<b>Oil Painting</b>	Tuesday	10 am–noon	4	\$15
Oct. 29, Nov. 5, 12, 19		Nov. 26, Dec. 3, 10, 17		
<b>Watercolor</b>	Tuesday	1–3 pm	4	\$15
Oct. 29, Nov. 5, 12, 19		Nov. 26, Dec. 3, 10, 17		
<b>Mixed Media Art</b>	Tuesday	3–4:30 pm	4	\$10
Oct. 29, Nov. 5, 12, 19		Nov. 26, Dec. 3, 10, 17		
<b>Open Sewing Lab</b>	Wednesday	3:30–6:30 pm	4	\$12
Look for more classes in spring				
<b>Drawing</b>	Wednesday	6–8 pm	4	\$15
January 8, 15, 22, 29		February 5, 12, 19, 26		
<b>Country Line Dancing</b>	Thursday	6–7:30 pm	4	\$10
Oct. 31, Nov. 7, 14, 21		December 5, 12, 19, 26		
<b>Beg. Country Line Dance</b>	Saturday	10–11:30 am	3	\$7.50
November 2, 9, 16		December 7, 14, 21		

## BEGINNING DANCE CLASS

Julie Wilson from Shut up & Dance Ballroom Studio will be offering Beginner Ballroom dance lessons at the Senior Center on Monday evenings at 7:00 p.m. 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 ✂--✂--✂

• **Kim Stern** will hold a Scrapbooking Crop at the Senior Center on **Saturday, January 25**, 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.**

## Note about Art Classes at the Senior Center:

A new art instructor has been found! Janet Velasco will be teaching three Tuesday art classes: Oil Painting, Watercolor & Pastel Painting, and Mixed Media.

Art classes are suitable for all levels—beginner to advanced. Each class begins with a 20-30 minute formal instruction on specific techniques. After this, students can either work on a “group project” or work on individualized projects (your choice). The Mixed Media class will include projects from a variety of art mediums, starting with a clay project. The Fundamentals in Drawing Class held on Wednesday nights will be back on the schedule beginning in January. More details to follow.



## CARD MAKING CLASS with Jana Secord

2nd Tuesday of each month

Next class: Tuesday, November 12 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! **This month: Christmas Cards using the Faux Patina technique; Don't miss the Black Friday retired item sale.** Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 or [stampinjana@charter.net](mailto:stampinjana@charter.net) by November 11.

## 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

## “COUNT YOUR BLESSINGS” 11-12-13 Luncheon

Red Hatters will count their blessings at a Dutch treat lunch on Tuesday, November 12, (11-12-13) at 11:12 a.m. at Sunset on the Water Bar & Grill (newly redecorated) on Winnebago Drive. Please register by November 8th—absolute deadline. Order off the menu. Hostesses: Vivian Gorden & Shirley Hanke

## “O CHRISTMAS TREE” Christmas Party

Register ASAP for the Red Hat Christmas Luncheon at the Holiday Inn on Tuesday, December 17. Meet at the bar for a social (optional cash bar) and lunch at noon. This will also be the crowning of the new Queen...if we have a volunteer! Cost: \$14. Hostesses: Vivian Gorden, Charlotte Nelson, Donna Draves, and Carol Shaw

## JOIN Red Hat Honeyys for 2014

Join the Red Hat Honeyys chapter for 2014 at any time now. It is helpful to join or renew at the same time you renew your Friends membership. Dues are still just \$5.

## CHORUS welcomes new members!

Join the Red Hat Honeyys Chorus on Fridays. Stop by on **18** Fridays for practice at 9:45 a.m. to check out the group.

# THIS ‘n THAT

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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.

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

## 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



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### STAFF

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dwinkelmann@fdl.wi.gov

#### ASSISTANT DIRECTOR

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

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### WELLNESS COORDINATOR

*Jean Holzman* 322-3636

#### CRAFT SHOPPE COORDINATOR

*Pat Lefeber* 322-3638

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

*Charlene St. John* 322-3639

#### MAINTENANCE

*David Bryan*

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*Kate Barr, Secretary*  
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*Barbara Lukas*  
*Councilman Gary Miller*  
*Dave Redman*  
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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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