



Red Hat Honey



The Fond du Lac Senior Center Chapter of the Red Hat Society

Cathy Stratz, Lady of Lore

January 2014



What's Buzzin' ~ the News of the Red Hat Honey

MARK YOUR CALENDARS

Fri – Jan 10th - It's Royal Rummy at the Senior Center

Wed – Jan 29th – Lunch at Fares and “The Power of Color In Your Life” by Alexandra Benz- *Cancelled*

Wed – Feb 19th - Red Hat's 'Rockin' at Peebles Grill (old Seasons across from Gift-n-Gab)

Additional details will be in future newsletters and/or in the 3-ring binder at the front desk.



“royal rummy” Party

is back at the Senior Center on Friday – Jan 10th from 1:30-3:30 ☺. Come & have fun playing an easy game. Door prizes, cash game prize & snacks will be provided. Bring your own drink.

Cost: \$2.50

Limit: 20-25

Registration deadline: Mon, Jan 6th 2014

Hostesses: LaVerne Kabat (921-5779), Char Nelson, Patti Werdin, Helen VandeBerg, and Gail Zimmerman



From the Sunshine

Committee: Best wishes for a speedy recovery to Patti Werdin following complete knee replacement surgery on Jan 14th. She'll be residing at Harbor Haven and invites you all to come and visit her during her 3-4 week stay.



Red Hat Chorus

The Red Hat Honey's' Chorus will resume their practices on Fri, Jan 10th from 9:45-11:00am. Please come on by and see if the chorus is a fit for you
Registration deadline: Wed, Jan 22nd, 2014

Please note: This event has been cancelled for the time being per Sr.

Angie *** ~~Lunch at Faro's AND "the power of color in your life"~~ PRESENTED BY Alexandra Benz on Wed Jan 29th.



What??? Red Hats 'Rockin'



at Peebles " on Wed, Feb 19th with social at 11:30am and lunch served at 12noon. It's not what you think. Awww, but what do you think? Come join us at the new Peebles Grill (at the old Seasons Restaurant), north on HWY-151, turn right at the light to N7640 CTY WH, on the left before heading up the hill. Carpooling with friends is a wonderful idea.

Please pre-select your choice of sandwich from 1 of the 3: Hamburger, brown sugar glazed ham & apple sandwich served on pretzel roll, or traditional club on a croissant. All meals include homemade chips, a side salad, and/or soda, coffee, tea. There will also be a surprise themed dessert.

Cost: \$12.00 **Limit:** 30
Registration deadline: Mon, Feb 10th 2014

Hostesses: Gen Stratz, Gloria Pfeifer, LaVerne Kabat (921-5779) & Cathy Stratz (517-3634)



From the Editor:

Dear Honeys, reiterating ~ if I don't have a copy of the **your Hostess Planner sheets** -----> in my cubby (in the supply room with all the pretty colored paper - far left column, 3rd from the bottom - with a red paper in it) by the 3rd Mon. of the month, there's a very good chance **your** event's information won't make it into the following months' What's Buzzin' newsletter. This gives me two weeks to complete the newsletter and keep my promise to y'all

to have the newsletter out by the 1st of the month. It's not Dottie's job to get the info to me or mine to get it from her. Please help us support **you**. Thank you, Cathy

REMEMBER: Dottie gets the original ☺

Red Hat Honeys
HOSTESS PLANNER

ACTIVITY _____

DATE _____

TIME _____

LOCATION _____

ADDRESS _____

DIRECTIONS _____

COST _____

HOSTESS _____

PHONE _____

REGISTRATION LIMIT _____

DEADLINE TO REGISTER _____

TRANSPORTATION _____

DETAILS _____

Contact Dottie Winkelmann, Publicity Princess, at 322-3630 to confirm this activity.



Umbrella Brigade News ~

The Brigade will be at Grancare on Wednesday, January 29th bringing sunshine on what might be a wintery day. We can't keep our sunshine to ourselves though. We hope to spread our sunshine to the residents there, no matter what the weather.

~ and ~

Could this short fun job be just for you?

We are looking for a Red Hat Honey to be the Master of Ceremonies (M.C.) for the  Brigade just one Wednesday afternoon a month (date is negotiable), when we visit a nursing home or assisted living residence. We have a script you're welcome to use, or you can ad-lib (fill in) your own verbiage while the

Brigade switches their  s for the next song, we do a total of 7 different songs, each with different

 s. This allows the program to flow more smoothly. The program length is only half an hour and visiting with the residents before &/or after is optional. If you would like to join our fun group for this Red Hat service, please contact Dottie (322-3632) or Lucy (924-2367) or lucylinette@hotmail.com.



January Birthday Gals

Lois Abitz ~ Jan 5th
Carol Lange ~ Jan 16th
Gen Stratz ~ Jan 11th

The following was kindly contributed by LaVerne Kabat and Barbara Lukas:

Stress Management for Women

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'... She fooled them all "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow.

1 * Accept the fact that some days you're the pigeon, and some days you're the statue!

2 * Always keep your words soft and sweet, just in case you have to eat them.

3 * Always read stuff that will make you look good if you die in the middle of it.

4 * Drive carefully... It's not only cars that can be recalled by their Maker.

5 * If you can't be kind, at least have the decency to be vague.

6 * If you lend someone \$20 and never see that person again, it was probably worth it.

7 * It may be that your sole purpose in life is simply to serve as a warning to others.

8 * Never buy a car you can't push.

9 * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10 * Nobody cares if you can't dance well. Just get up and dance.

11 * Since it's the early worm that gets eaten by the bird, sleep late.

12 * The second mouse gets the cheese.

13 * When everything's coming your way, you're in the wrong lane.

14 * Birthdays are good for you. The more you have, the longer you live.

16 * Some mistakes are too much fun to make only once.

17 * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

18 * A truly happy person is one who can enjoy the scenery on a detour.

19 * Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY

20 * Save the earth..... It's the only planet with chocolate!*



Hey, if you can't beat 'em, join 'em!!

Don't forget to "new" or "re-new" your Red Hat Honey's 2014 Membership. Join our sister-hood, be open to having fun, stretch to hosting/helping host an event and jiggle/giggle a whole bunch!

** Oh my goodness!!! With the holidays etc. your editor completely forgot to make any reference to the awesome Red Hat Christmas party held on Dec 17th at the Holiday Inn and pass on Red Hat Honey's kudos to the wonderful hostesses. The plates were bountiful, the entertainment divine, Santa a hunk and prizes pleasing.

Our New Queen is Donna Charneski and her court is made up of Audrey Mathieu, Sue Tedford and Nancy Smet. I promise you will have coverage and at least 1 picture of the new royalty in the next newsletter.

With head lowered, my most sincere apologies to her majesty Queen Donna. All Hail, Queen Donna!