

Among Friends



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

January 2014

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



Come, explore all the fantastic opportunities awaiting you
at the Fond du Lac Senior Center in 2014!

Happy New Year!

HAPPY TRAVELERS TRIP PREVIEW: THURSDAY, JANUARY 16 ~ 10 a.m.

Looking for adventure? Learn about all the fantastic trips planned for 2014!

Sign up at the front desk or call 322-3630 to attend. Please register by Monday, January 13.

WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication
Vol. 5 • No. 1

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Fond du Lac Senior Center

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

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

Visit us online at 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.

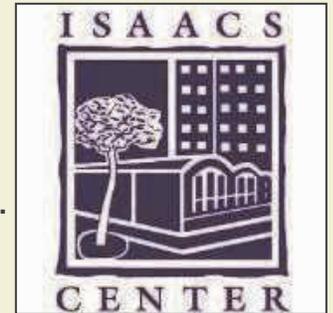


Though miles may lie between us,
we're never far apart,
for friendship doesn't count the miles,
it's measured by the heart.

~ Author Unknown

Stanley M. Isaacs Neighborhood Center, Inc.
415 E. 93rd Street
New York, NY 10128

www.isaacscenter.org



A simple heartfelt gesture of friendship across the miles to New York City over a decade ago continues to this day.

The story started back in 2001—the Fond du Lac Senior Center's connection to the September 11th attack. At the time, we were planning a senior talent show to be held at Theisen Middle School Auditorium. After the tragedy, we decided to call the show "Almost Broadway" - with the idea that we had talent here that was *almost* good enough for Broadway. We videotaped the show and found a senior center online that welcomed our effort to bring their seniors something fun to brighten their days. We sent the video along with local and Wisconsin type souvenirs in a "WE CARE!" box. They were so appreciative that we were thinking of them and were instant "friends" across the miles.

The following year on the one year anniversary of 9/11, we called their Senior Center and they arranged a conference call through their Elders At Home Program with a small group of our seniors. Huddled around a telephone put on "speaker phone," we all chatted about the year and how they were coping. The call ended with seniors across the miles from both Senior Centers singing *God Bless America* together. There wasn't a dry eye in the group.

At the five year anniversary of 9/11, we sent a red, white, and blue bouquet of flowers and a note saying that they were not forgotten. Their Director responded that they were touched by being remembered years later.

After Hurricane Sandy hit New York City on October 29, 2012, I sent a note to the staff at the Isaacs Center letting them know that we were so sorry that they were hit by heartache and disaster once again. That email prompted a phone call last fall from one of their staff members and her comment that they would like to do something for *our* seniors.

We received a box of greeting cards from their seniors that are on display in the lobby at our Senior Center—and thus continues the long distance friendship of seniors who have never met. Their cards were a project Isaac Center seniors did to celebrate National Senior Center Month in September. The theme was: Senior Centers: Experts at Living Well. Take a look at the cards they made for our seniors. The cards will be on display throughout January.



To reciprocate, we will be sending Valentine cards to New York City Isaac Center seniors in February. **Please take a few minutes to make a card anytime January 27—31 at the Senior Center.** Supplies will be provided on a table in the lobby to make cards, which can be dropped off at the front desk at the Senior Center until **the deadline: Monday, February 3.** Make a card here or bring one of your own. Feel free to include a brief note about yourself or just say, "I'm thinking of you!" Also, if you have something that you would like included in the Valentine's Day friendship gift box, drop it off by February 3. Please include your name as the donor. They can offer the extra gifts we include in the 2014 WE CARE box as door prizes for their seniors.

The Isaacs Center Elders at Home Program had 260 homebound individuals with 900 conference calls. **Let's send some cheer to New York once again...this time just celebrating love and friendship!**

LET'S BE FRIENDS

It's a brand new year... a year that promises to be filled with great opportunities at the Fond du Lac Senior Center. Let's make a resolution to make this year the best yet!



**How can YOU help? What can YOU do?
Well, if you haven't already...it's time to**

RENEW!

**Here's to a bright and shiny New Year
And a fond farewell to the old.
Here's to the things that are yet to come
And to warm memories we hold.**

**Here's a toast to our Friends, both far and near.
May you always remain faithful and dear.**

A renewal form is included on page 19 of this newsletter. The cost to join is \$10 for an individual and \$15 for a married couple. For those that can give more to support the Center, please consider a Utility Donation or become a Fabulous or Fantastic Friend. Business memberships are also available at a variety of levels.

Not sure if you've already renewed for 2014? Look for your renewal date on the mailing label of this newsletter. If it says 01/01/14, you have not renewed. If it says 01/01/15, you're all set for another year, so how about sharing the membership form on page 19 with one of YOUR friends who is NOT one of OUR Friends...yet? *After all, we can never have enough Friends.*

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 February's *Among Friends* newsletter is Monday, January 6. Submit information to Judy Lange.

Up-to-Date Information



Tune in to KFIZ-
A M 1 4 5 0 **The One You Depend On**
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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Jodi Riley, Property Manager

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UPCOMING PROGRAMS

SOLVING DEBT PROBLEMS FOR SENIOR CITIZENS

Thursday, January 23, at 1 p.m.

Attorney Scott Rodman

No one wants to spend his or her golden years struggling with debt. This presentation is designed to give an overview of many methods for dealing with debts. Follow-up presentations will be scheduled in the future to provide more details on each topic.

TOPICS include:

RULE NUMBER ONE:

No debt collector can take away your social security income.

Wisconsin Statute Chapter 128

In Wisconsin, we have a very unique law that lets people in debt obtain virtually the same kind of legal protections against creditors and their collections agencies that filing for bankruptcy provides. At the same time, this law lets someone pay off all their trouble debts with one, easy monthly payment. This law is not new, but it is not well known, even by most attorneys in Wisconsin.

Bankruptcy, Chapters 7 and 13

- A brief description of Bankruptcy and how to qualify
- Restrictions and income qualifications
- How to protect your home from Foreclosure

Wisconsin Statute of Limitations for Debt

Debt Consolidation by Private Businesses: Pros & Cons

To attend, please call 322-3630 or register at the front desk or by Monday, January 20.

2013 FRIENDS ANNUAL MEETING & BOARD ELECTION

Friday, January 24, at 1 p.m.

The Friends Annual Meeting will be held at the Senior Center on Friday, January 24, from 1–2:15 p.m. At that time, the Friends nominating committee will present a slate of candidates to fill board vacancies. There are 4 vacancies to fill on the Board, with terms running through 2015. Two incumbents—Mary Kind and Charlotte Nelson—are willing to serve another term. Also, Vickie Michels and Linda Roegiers are seeking election. Nominations will also be accepted at the meeting from the floor. Please note that this year's



Annual Meeting will *not* include the usual lunch or entertainment, BUT Friends members are encouraged to attend to find out what's happening with the Friends

organization. There will be brief reports given by each staff member. Following the meeting, door prizes will be awarded and refreshments will be served. This meeting is open to all Friends members and anyone who is interested in the Senior Center or Friends of the Senior Center. Please pre-register by January 13 so hand-outs and refreshments can be planned.

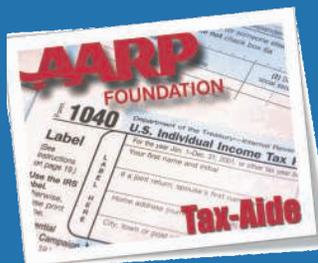
FREE TAX ASSISTANCE

Call 322-3630 beginning January 21 to schedule an appointment

Tax assistance will be offered at the Fond du Lac Senior Center again this year. Tax Aide volunteers will be at the Center on **Tuesdays, Wednesdays, & Thursdays, from 8:30 a.m. until 4:30 p.m.** Appointments will be available **beginning Tuesday, February 4 through Thursday, April 10.** Scheduling of appointments will start on Tuesday, January 21.

To make an appointment, please call the Senior Center at 322-3630 on or after that date.

The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers can also help all low-to-moderate income age groups. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.



INTRODUCTION TO FLY TYING

Thursday, February 13, at 1 p.m.
with Tom Conley

Let's "tie one on!"

Tom Conley, an avid fly fisherman, will demonstrate the art of tying flies for fly fishing. You will learn how to make a fly that can be used on either a fly rod or a spinning rod. Learning to tie flies adds a whole new dimension to the art of fishing.



FREE to attend, with donations optional, but appreciated to help with the cost of supplies.

If there is enough interest, this activity may become an on-going class or club that would meet once a month, including occasional fishing outings.

Registration is required so that adequate supplies can be planned. Please register by Monday, February 3, by calling 322-3630.

UPCOMING PROGRAMS

JEFF KEMP INVESTMENT WORKSHOP

Mondays: 3:00 – 4:30 p.m.
February 24 – April 7



Are you interested in making wiser and more informed decisions with investments?

The Fond du Lac community has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to the Senior Center every spring to present his financial workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial



Jeff will also be holding this same investment workshop at Moraine Park Technical College on Tuesday evenings at 6 p.m. starting January 7 and continuing through February 18. The class will be held in Room A-102 (across from the cafeteria). No registration required.

expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.

All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

Topics include:

- WEEKS 1 & 2: Investing in the stock market via mutual funds**
- WEEK 3: Bond investing**
- WEEK 4: Understanding what economic forces move markets**
- WEEK 5: Building a sound asset allocation**
- WEEK 6: Taxes and investing; exchange traded funds**
- WEEK 7: How to build and manage your own portfolio**

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.



DRIVER SAFETY CLASS

Thursday, February 27 ~ 8:30 a.m.—12:30 p.m.

This one-day senior driver refresher course consists of ALL IN-CLASS learning – NO tests and NO driving. The cost is \$15 for AARP members (bring your card); \$20 for non-members. Payment will be collected the day of class. **Pre-registration is required and class size is limited.**

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. For 35 years, it has helped millions of drivers remain safe on today's roads. The program is a 4-hour classroom refresher that can help you learn the effects of aging on driving and how you can adjust your driving.

After completing the course, you'll develop a greater appreciation of driving challenges and how you can avoid potential collisions and injuries to yourself and others.

For more information or to register, call 322-3630. Deadline to register: Monday, February 24.

ARTIST of the MONTH: Delores Rozek

We have something new at the Senior Center—we are featuring an Artist of the Month in the east lobby. One artist a month will display a work of art and have a photo and an Artist Statement or bio about the artist. At this time, these artists will be from Senior Center art classes or clubs. **We are looking for volunteers to display original art work.** See Dottie if you would be willing to be featured. We'd like to have the *entire year* planned ahead.

Check out two beautiful oil paintings by Delores Rozek in January. There is also a background bio of Dolores and how she started painting. She has been in the Art Club for many years. See the painting below in room 1, as well as the lobby painting.



Thanks for sharing your talent, Delores!

FEBRUARY

The February Artist of the Month will be Carol McArthur with an original oil painting of a European memory. Such talent!

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.

FASCHING DINNER SHOW

Sunday – February 9

Laack's Hall, Sheboygan Falls, WI

Cost: \$65



Join us for a fun afternoon of German food and music at Laack's Hall in Sheboygan Falls with the Dorf Kapelle. Capturing the traditional ethnic style of the typical European village Band, Dorf Kapelle has thrilled audiences at festivals, stage performances, dances and concerts throughout Wisconsin.

Menu: Smoked Pork Chops, Goulash, German Potato Salad, Mashed Potatoes,

Sweet Sour Red Cabbage, Mixed Vegetables, Dessert and Beverage.

Leave: 11 a.m. Home: 5:30 p.m.

"GHOST"

Wednesday – March 19

Fox Cities PAC

Appleton, WI

Cost: \$85

*Dinner is Dutch treat at
Appleton Mall Food Court*

Ghost The Musical delivers a visual experience unlike anything you've

seen before. Relive the iconic and magical moments from the Oscar-winning movie in a brand-new Broadway musical that takes you on a thrilling adventure to the afterlife. You will be amazed to see inanimate objects take on a life of their own, a person walk through a solid door right before your eyes and other special effects that will astonish.

Ghost The Musical features an original pop score from multiple Grammy Award-winners Dave Stewart and Glen Ballard and is adapted from the hit film by its Academy Award-winning screenwriter Bruce Joel Rubin. *Ghost* follows Sam and Molly, a young couple whose connection takes a shocking turn after Sam's untimely death. Trapped between two worlds, Sam refuses to leave Molly when he learns she is in grave danger. Desperate to communicate with her, he turns to a storefront psychic who helps him protect Molly and avenge his death. *Ghost The Musical* is "eye-poppingly brilliant with glorious songs" (AP) and "one of the most adventurous and modern musicals ever seen." (WOR Radio).

Leave: 4:30 p.m. Home: 11 p.m.

HARLEY MUSEUM, LAKEFRONT BREWERY & CABELA'S

Thursday – March 13

Milwaukee, WI

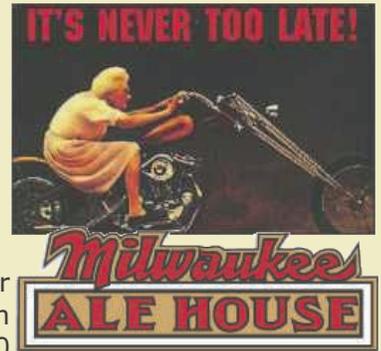
Cost: \$76

*includes dinner at
Milwaukee Ale House*

Visit the Harley-Davidson Museum and experience American history and culture like you've never seen it before. The museum is listed as one of the top 10

travel destinations in Wisconsin. Tour the Lakefront Brewery—an industrious and inventive microbrewery, located on the Milwaukee River. Browse Cabela's, a specialty store featuring outdoor recreational merchandise. We'll have lunch at the Ale House Brew Pub. Brush up on your biker lingo because we will play games and test your memory with trivia and fun facts. Wear leather—if you dare!

Leave: 8:30 a.m. Home: 5:45 p.m.



CASINO DAY TRIPS

THURSDAY, FEBRUARY 27

Menominee Casino Resort in Keshena

Includes dinner at SCHWARZ'S in St. Anna and \$10 in free play on player card at casino

Leave: 8 a.m.; Home: 7 p.m.

THURSDAY, MARCH 27

Ho Chunk Casino in Wisconsin Dells

Includes dinner at LOG CABIN in Baraboo and \$25 in free play on player card at casino

Thursday is SILVER SENIOR DAY: Earn 10 points and receive \$10 in Free play
Leave: 10:30 a.m.; Home: 7:30 p.m.

HAPPY TRAVELERS 2014 TRIP PREVIEW:

THURSDAY, JANUARY 16—10 a.m.

Come, learn about all the exciting travel opportunities awaiting you in 2014. Please register by calling 322-3630 or stop by the front desk by Monday, January 13.

Important Notice!

THE DEPARTURE LOCATION FOR HAPPY TRAVELERS TRIPS HAS CHANGED. FOR WINTER TRIPS, PLEASE MEET AT ROLLING MEADOWS GOLF COURSE PARKING LOT, located southwest of the Holiday Inn (park in the center of the lot).

2014 HAPPY TRAVELERS

JANUARY

**BE SURE TO SIGN UP
ASAP FOR TRIPS SO THEY
ARE NOT CANCELLED**

Potawatomi Casino

Dinner - Mo's Irish Pub
Wednesday—January 15 \$54

"Solid Gold 60's"

Fireside Theater
Thursday—January 30 \$95

FEBRUARY

Fasching Dinner Show

Laack's Hall - Johnsonville
Sunday—February 9 \$65

Keshena Casino

Dinner - Schwarz's
Thursday—February 27 \$54

MARCH

Harley Museum, Lakefront Brewery & Cabela's

Dinner - Ale House
Thursday—March 13 \$76

"Ghost"

Appleton PAC
Dinner-Appleton Mall Food Court
Wednesday—March 19 \$85

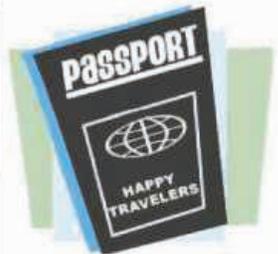
Ho Chunk Casino

Wisconsin Dells
Dinner - Log Cabin, Baraboo
Thursday—March 27 \$54

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

920-322-3630

fdlseniorcenter.com



APRIL

GB Botanical Gardens & Oneida Casino

Dinner at Mackinaws in Green Bay
Wednesday—April 9 \$45

Washington DC

Diamond Tour
Thursday—Wednesday
April 24—30 \$629 Double

TRIP IS FULL

MAY

"Sister Act"

Appleton PAC
Culvers on way home
Thursday—May 8 \$85

"Fiddler on the Roof"

Fireside Theater
Sunday—May 18 \$95

Maggie Mae Barn Dance

Oxford, WI
Thursday—May 29 \$72

JUNE

CHICAGO

Diamond Tours
Tues—Thurs June 3—5 \$275 Double

"MYSTERY TRIP"

Wednesday—June 11 \$76

Shipshewana, IN

Monday—Wednesday
June 16—18 \$315 Double

Arlington Horse Races

Arlington Heights, IL
Thursday—June 26 \$55

JULY

Ho Chunk Casino

Wisconsin Dells No Meal
Thursday—July 10 \$29

Art on the Square & Betty Lou Cruise

Madison
Saturday—July 12 \$TBD

"The Kids Left. The Dog Died. Now What?"

Memories Dinner Show
Port Washington
Wednesday—July 16 \$TBD

AUGUST

Wisconsin State Fair

Milwaukee
Wednesday—August 6 \$TBD

Wade House & Wreath Factory

Lunch at Osthoff Resort
Tuesday—August 12 \$TBD

North Star Casino

Dinner - Schwarz's
Wednesday—August 27 \$54

SEPTEMBER

Old World Wisconsin

Eagle, WI
Stop at Kelly's Creamery
Thursday—September 4 \$TBD

Great Trains & Grand Canyons

Premier World Discovery
Sunday—Friday
September 14—19 \$1999* Double

Frankie Valle Tribute

Schauer Center
Friday—September 26 \$TBD

CALL
322-3635

Mary Schneider
Travel Coordinator

OFFICE HOURS
Monday—Thursday
9 am—3 pm
Closed Fridays

OCTOBER

Island Resort Casino

Tuesday—Wednesday
October 14—15 \$TBD

Shades of Ireland

Collette Vacations
Tuesday—Thursday
October 28—November 6
10 days, 9 nights \$2,999 Double

TRIP IS FULL

NOVEMBER

North Star Casino

Dinner - Jim & Linda's
Thursday—November 13 \$54

"The King & I"

Marriott Theatre, Lincolnshire, IL
Wednesday—November 19 \$TBD

DECEMBER

Fond du Lac Senior Center Christmas Party

Wednesday—December 3
OPEN TO ALL FRIENDS MEMBERS

"A Fireside Christmas"

Fireside Theater
Wednesday—December 10 \$95

Christmas Around The
World Bakery Bus Tour
DATE & \$TBD

\$10 DEPOSIT
REQUIRED
to hold most trips &
FINAL PAYMENT
due at least 2 months
prior to trip date

UPDATED 12/9/13

SENIOR WELLNESS MORNING

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

“The Not-So-Newlywed Game” *celebrating Valentine’s Day!* FRIDAY, FEBRUARY 14



- DOOR PRIZES
- HANDOUTS
- REFRESHMENTS
- LOTS OF FUN!

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

9–10 a.m.

Health Screenings

Blood Pressure by Lake View Estates

Blood Sugar (Fast required) by Lutheran Homes & Health Services

Hearing by Avada Audiology & Hearing Care

Health Info Booths

Booths with the health screening sponsors

Kindred Hearts

Hospice Advantage

Rehab Arisces

Sterling House Brookdale

Harbor Haven

Hearland Hospice

Country Doctor

Comfort Keepers

Generations Home Care & Hospice

A special KISSING BOOTH, too!

Demonstration

Cupcake decorating demo by MPTC Culinary Arts students.

They will demonstrate techniques and then you can decorate a cupcake for yourself. Yum! This will be held from 9–10 a.m., prior to the Game Show. Pre-registration is REQUIRED in order to decorate a cupcake. Call 322-3630 to register.

10–11 a.m. GAME SHOW:

“The Not-So-Newlywed Game”

We are exploring the philosophy of the **Seven Dimensions of Wellness** in 2014 and have recruited 4 local *not-so-newly* married couples to play the game everyone remembers. With a combination of hand-outs and the game, we will learn about “Social Wellness” and “Emotional Wellness” this month—in a fun way, with lots of laughs! You *must* pre-register as soon as possible to attend. Space will be limited. You won’t want to miss this Valentine’s Day celebration at the Senior Center.



NOTES & NEWS

MOVING? "SNOWBIRDING"?

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, PLEASE CALL THE RECEPTION DESK at 322-3630



TO LET US KNOW! Because of our bulk mailing status for our Among Friends newsletter, any newsletters that cannot be mailed will be returned to the Senior Center and *will be charged to the Center.* We have been getting many newsletters back each month and this can be quite costly. **THANK YOU FOR YOUR COOPERATION.**

SOUP DRIVE OVER 2800 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Place donations in the large soup pots located in the front and back lobbies. The Salvation Army helps feed almost 400 families each month. The soup (and other canned goods) has been deeply appreciated, especially in the cold winter months.



**WARM THE HEARTS AND SOULS OF THOSE IN NEED...
KEEP THOSE CANS COMING IN AND THANK YOU!**

WICKED WEATHER

Inclement weather policy

Winter is here and that means possible adverse weather conditions.

The Fond du Lac Senior Center's policy regarding inclement weather is this:

When the Fond du Lac School District's public schools are closed, the Senior Center will also be closed.



This means that that ALL programs, classes, and activities at the Center will be cancelled. On days of school delays, the Senior Center will open at 8 a.m. as usual. Be sure to listen to KFIZ-AM 1450 for any announcements. In all cases, use your best judgment when coming to activities at the Center. Remember, our parking lot takes time to clear and always call if you're uncertain about a program. Above all—STAY SAFE!

They're selling like hotcakes! Pick up your 2014 Dine Out Coupon book now! \$5—48 coupons at 39 area restaurants. Available in the Center's This 'n That Craft & Gift Shoppe.

9

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on the Ledge

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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**

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**

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**

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**

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.

MPTC RECREATIONAL COMPUTER CLASSES

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

203-640-31047	Friday	April 4	1 time	1:00—5:00 p.m.	4 hours	TBD	\$19.15	\$24.20
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Examine digital camera features; learn technology & jargon such as *megapixel* and *flash memory*. Experiment with different types of digital cameras. Learn how to share digital photos with friends & 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**

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

103-679-30646	Tuesday	April 15	1 time	8:00 a.m.—Noon	4 hours	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.

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.

MONTHLY MOVIE

2 SHOWINGS!

“42” THE TRUE STORY OF AN AMERICAN LEGEND

Thursday, January 9 OR Monday, January 13

11:45 a.m. Lunch (optional)

MENU: JANUARY 9 : Baked Spaghetti, Italian Blend Vegetables, Orange, French Bread, Peanut Butter Cookie and Milk

MENU: JANUARY 13 Roast Pork Loin, Mashed Potatoes, Baby Carrots, Plum Halves, Sliced Bread, Applesauce Cake and Milk

12:30 p.m. Movie: “42”

The story of two men -- the great Jackie Robinson and legendary Brooklyn Dodgers GM Branch Rickey -- whose brave stand against prejudice forever changed the world by changing the game of baseball. In 1946, Branch Rickey (Harrison Ford) put himself at the forefront of history when he signed Jackie Robinson (Chadwick Boseman) to the team, breaking Major League Baseball's infamous color line. But the deal also put both Robinson and Rickey in the firing line of the public, the press and even other players. Facing unabashed racism from every side, Robinson was forced to demonstrate tremendous courage and restraint by not reacting in kind, knowing that any incident could destroy his and Rickey's hopes. Instead, Number 42 let his talent on the field do the talking -- ultimately winning over fans and his teammates, silencing his critics, and paving the way for others to follow. **Stars:** Harrison Ford, Chadwick Boseman, Nicole Beharie, Christopher Meloni, 2013, Rated: PG-13, 128 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

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RECREATION

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

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

ART CLUB

Thursdays at 1:00 p.m.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): 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.

BOOK CLUB

3rd Monday at 9:30 a.m.

January 20

The English Girl by Daniel Silva

February 17

The Aviator's Wife by Melanie Benjamin

March 17

The Storyteller by Jodi Picoult

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

Jan. 8 Bob & Marilyn (DJ/karaoke)

Jan. 15 Roger (accordion) & Eddie (guitar)

Jan. 22 TBD

Jan. 29 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.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues

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.

Call Laura at 923-1693 for information.

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, January 2, at noon

Rolling Meadows Family Restaurant

Thursday, February 6, at noon

Faro's Family 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, January 17

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

Elk's Club

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)

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

WALKING CLASS

Walking class meets every **Monday afternoon (Room 3) and Thursday afternoon (Activity Room) at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. Make the mile walk with the video part of your fitness program. With freezing weather and slippery walks, why not join us indoors for exercise? Lose those extra pounds you gained during the holiday season.



EXERCISE CLASSES

LOW IMPACT CHAIR EXERCISE

with **Jaime Roth (or Sarah in January)**

Mondays 9:00 – 9:30 a.m.

Sponsored by **All About Life Rehabilitation Center**
Sarah Olson, Marian University Intern, will lead the group while Jamie is on maternity leave.

CHAIR EXERCISE VIDEO

Men & Women Welcome!

Wednesdays 10:10 – 10:40 a.m.

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



NEW TAI CHI SESSION TO BEGIN JANUARY 7 WITH MICHAEL FRICKE

The Fond du Lac Senior Center welcomes Michael Fricke as the new tai ji instructor. He comes to us with 40 years of experience with tai ji. He has taught at St. Joseph's Convent in Campbellsport and with the Sisters of Agnesian in Fond du Lac and at the Fond du Lac Center for Spirituality & Healing.

The eight week session will end on February 25. **Classes meet on Tuesday morning from 9–10 a.m. The cost is \$45 for eight weeks.** Participants should wear loose comfortable clothing and tennis shoes. Friends Membership is required. For more information, please call 322-3630.

OTHER EXERCISE

Hikers.....Tuesday & Thursday mornings

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

Beginning Line Dancing.....Saturdays, 10–11:30 a.m.

.....January 4, 11 & 18; \$7.50 for 3 weeks

Beginning Ballroom Dancing.....Monday evenings; 7 p.m.

.....\$5 walk ins. Call Julie Wilson at 920-979-3434 for info.

Water Exercise.....8 a.m. daily at the Aquatic Center

.....\$3.75 per session

Zumba Gold.....Monday evenings 5:30 to 6:30 p.m.

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

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Generations Home Care and Hospice

Friday, January 10; from 9–10 a.m. 2nd Fri. of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, January 10; from 9–10 a.m. 2nd Fri. of the month

No appointment needed; Donations accepted. *12-hour fast required.*

CHOLESTEROL SCREENING

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

Tuesday, February 11; 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, January 9, 16, 30

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 14; from 9–10 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, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, January 28; 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, February 11; 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; 6:30–8:00 p.m. (4th Thursday of the month)

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

DIABETIC SUPPORT GROUPS

Tuesday, January 21; 4:00–5:00 p.m. (3rd Tuesday of the month)

Aurora Health Care Center, 210 American Drive ~ American Room

Tuesday, February 11, 6:00–7:00 p.m. (2nd Tuesday of the month)

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

GLUTEN FREE SUPPORT GROUP

Friday, January 24; 9:00–10:00 a.m.

Festival Foods, 1125 E. Johnson Street ~ Conference Room

PARKINSON'S SUPPORT GROUP

Monday, January 13; 10:00–11:00 a.m. (2nd Monday of the month)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

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

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS



CONNECTIONS TO COMMUNITY LIVING
THURSDAY, JANUARY 9
10–11 a.m.

Do you have a friend or family member in a nursing home and they are telling you they want to be in their own home? Come listen to Kari Pelletier, Community Living Specialist for the Wisconsin Department of Health Services, explain how people can be transitioned to the community. Some people are able to live in a home environment while receiving the services needed to keep them healthy and safe. Sandy Tryon, director of the Aging and Disability Resource Center, will share what resources are available to Fond du Lac area residents.



LOOK GOOD...FEEL BETTER
Wednesday, Feb. 12
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.**

HEART TREE DEDICATION
February 6; 10 a.m.

Please Support our Senior Outreach Program Fundraiser...Now until January 29!
Remember a deceased loved one or honor a living person that is special to you. The cost is only \$2 per ornament. Forms available at the Front Desk.



SENIOR WELLNESS MORNING:
Friday, February 14
9–10 a.m.

Health Screenings:

Blood Pressure, Blood Sugar, Hearing

Vendor booths: Home care, Rehabilitation, Hospice, Assisted Living, Nursing Home, Alternative Healthcare and more.

10–11 a.m. “Not So New Newlywed Game”

We listened to you and will be adding fun activities to the Senior Wellness Morning.



Seeking Homebound Seniors and Volunteers for the Senior Outreach Program

Are you looking for a way to become more involved in 2014? Are you homebound and need a friend? Contact us. We are matching seniors with volunteers. Both benefit from new friendships and learning new things. To find out more about this program, call Jean at 322-3636.

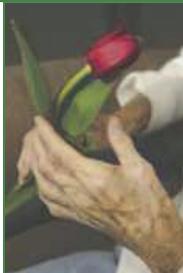


SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives

COMMUNITY CARES

Volunteers will visit Sterling House, 1001 Primrose Lane, on Tuesday, January 28, 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. We furnish a small gift for the person visited.



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 on Thursday, January 9, from 9 – 11 a.m. Note: This is the 2nd Thursday. The first hour we will meet to submit reports, share concerns and encourage each other. At 10 a.m. Kari Pelletier, Community Living Specialist, will explain how the Connections to Community Living Program works with older adults to help them to return from nursing homes to their own home. Sandy Tryon, of ADRC, will share resources available in our area.

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



**OPEN TO ANYONE
55 AND OLDER**

The *Fond du Lac Senior Dining Group* invites all men & women aged 55 and older to join them on Tuesday nights. Cocktails at 5:30 p.m.; Dinner at 6:30 p.m.

January 7 Gino's Italian Restaurant
January 14 Applebee's
January 21 Trinity
January 28 Holiday Inn

GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

AARP MEETING Thursday, January 16 ~ 1:30 p.m.

Guest Speakers: MARK RADNER, Administrator, Harbor Haven & JODY GOEBEL, Marketing & Admissions, Harbor Haven

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.

Don't Miss THE EVENT OF THE WINTER! SENIOR SNOWBALL PROM

Saturday, January 18

at the **Fond du Lac
Family YMCA**

6:00—10:00 p.m.



Dress formal or business casual

Be entertained by Paul Rosenfeldt Live with band

Sign up by January 11th at the YMCA

\$5 per couple / \$3 individual; Sign up to bring a finger food

FDL Family YMCA • 90 W Second Street • 920.921.3330 • fdlymca.org

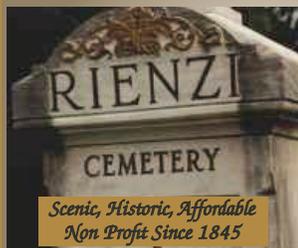


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Family Service Counselor*

*N6101 Highway K
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Integrity (in teg'rate) n. the quality of being of sound moral principle; honesty, sincerity.
www.jhcontrols.com

PERFORMANCE • INTEGRITY

CLASSES & CROPS

ART & RECREATION CLASSES

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

Class	Day	Time	Weeks	Cost
Singing	Tuesday	10–11 am	6	\$25
February 4, 11, 18, 25, March 4, 11 April 8, 15, 22, 29, May 6, 13				
Oil Painting	Tuesday	10 am–noon	4	\$15
January 7, 14, 21, 28 February 4, 11, 25, March 4				
Drawing & Watercolor	Tuesday	1–3 pm	4	\$15
January 7, 14, 21, 28 February 4, 11, 25, March 4				
Note: The drawing class that had been previously scheduled for Wednesday evenings has been combined with the Watercolor class.				
Mixed Media Art	Tuesday	3–4:30 pm	4	\$10
January 7, 14, 21, 28 February 4, 11, 25, March 4				
Open Sewing Lab	Wednesday	3:30–6:30 pm	5	\$15
April 2, 9, 16, 23, 30 October 1, 8, 15, 22, 29				
Country Line Dancing	Thursday	6–7:30 pm	4	\$10
January 2, 9, 16, 23 February 6, 13, 20, 27				
Beg. Country Line Dance	Saturday	10–11:30 am	3	\$7.50
January 4, 11, 18 February 1, 8, 22				

CARD MAKING CLASS with Jana Secord

2nd Tuesday of each month

Next class: Tuesday, January 14 3 sessions to choose from: 3:15–4:45 p.m., 5:15–6:45 p.m. or 7–8:30 p.m.

We'll be making a Valentine card and trying out a new technique.

Make three beautiful cards for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 or stampinjana@charter.net.



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.**

• **Colette Jaeger** will hold a Scrapbooking Crop at the Center on **Saturday, March 22**, from **9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and space to scrapbook away. **To register: please call Colette at 602-2486.**



SING INTO WELLNESS

New SINGING CLASS begins February 8 through March 11 Wednesday mornings from 10–11 a.m.

Express yourself in music! You're never too old to sing...

Kathryn Staley-Hamm, voice teacher with Mike's Music of Fond du Lac, will be starting a new 6-week singing class aimed at all skill and experience levels, from beginner to advanced. With Kathryn's basic technique of singing approach, you can learn to sing, improve your talent and have fun experiencing different styles of music. Sessions will feature various genres of music and will include a vocal guide book and music and accompaniment CD. The cost is \$25 for the entire 6-week session. Register and pay at the front desk.

Sing yourself happy and fit!

Researchers say there is increasing evidence to suggest that singing is good for your health. In fact, some experts say you may soon get a prescription for singing from your doctor—a trend in whole-health medicine that has also included art therapy and exercise therapy. Studies suggest that singing is beneficial for physical health as well as for mental health. The health benefits of singing are well documented. Give it a try and see what it can do for you! Whether or not you become a world-class singer is not important. Sharing the joy of singing will enrich your life far beyond notes and music. Add a healthy, new dimension to your life this year—*try SINGING!*



NO PRIOR SINGING EXPERIENCE NEEDED... OPEN TO ALL LEVELS, BEGINNER TO ADVANCED

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
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- 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 HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

ROYAL RUMMY RETURNS!

It's another fun Royal Rummy card game day for Red Hatters. Join us on Friday, January 10, for cards from 1:30-3:30 p.m. at the Senior Center. Cost: \$2.50 Limit of 25.

THE POWER OF COLOR & LUNCH

Join us for a Dutch treat lunch at Faro's and presentation on "The Power of Color" by Alexandra Benz. We'll take a break from the winter white and talk COLOR on Wednesday, January 29, at 11:00 a.m. The cost to attend is \$3 plus the cost of your lunch. Limit of 30.

RED HATS ROCKIN' AT PEBBLES

It will be a fun lunch at the Pebbles Bar & Grill (formerly Season's Restaurant) on Cty WH off Hwy 151, across from Gift 'N Gab, on Wednesday, February 19, at 11:30 a.m. Cost: \$12. Check details in the Red Hat newsletter.

VALENTINE'S DAY PARTY LUNCHEON

Red Hatters will celebrate Valentine's Day with a Dutch treat lunch on Friday, February 14, at 11:30 a.m. at Mancino's, 818 S. Main Street. Make a day of it by attending the special Valentine's Day event: "Not-So-Newlywed Game" at the Senior Center that morning, too. Must pre-register.

18

THIS 'n THAT

Craft & Gift Shoppe

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

CLOSED FOR INVENTORY
DECEMBER 30
THRU JANUARY 16

The Craft Shoppe will be **CLOSED** for inventory from **MONDAY, DECEMBER 30, through THURSDAY, JANUARY 16.**

Consignors: Please make arrangements to pick up any seasonal merchandise or merchandise that has been in the Shoppe for longer than 6 months by January 8. Please call Pat at 322-3638 and leave your name & phone number.

New items or re-entries may be brought in to merchandise intake starting Tuesday, January 14, from 9 a.m.—1 p.m. Thank you for your cooperation.

We look forward to seeing you when we **RE-OPEN** on **FRIDAY, JANUARY 17!**



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2014 FRIENDS MEMBERSHIP APPLICATION

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 <input type="checkbox"/> Other:

CHOICE OF SUPPORT:

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

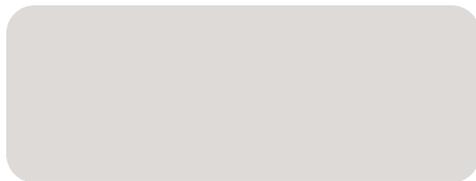


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dwinkelmann@fdl.wi.gov

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

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Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
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Centers



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ADVISORY COMMITTEE

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Kathryn Curran
Susanne Dennis
Joyce Dille
Ray Gorden
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.

▼LCW



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