

# Among Friends

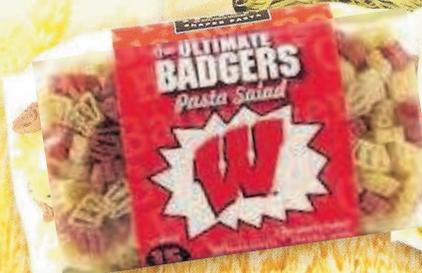
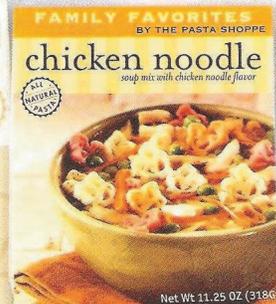
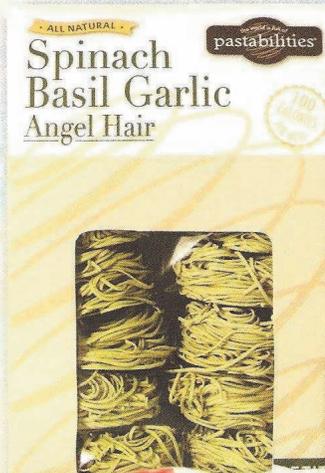


Fond du Lac Senior Center ...where friends meet!

## February 2014

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

## FUN PASTA FUNDRAISING



**Have Fun, Eat Pasta, Raise Money!**

Shapes for Everyone • Quick & Easy Meals • Over 60 Collegiate Pastas

**CALLING ALL FRIENDS!  
WE NEED YOUR HELP!**

The Friends of the Fond du Lac Senior Center is raising money with Fun Pasta Fundraising. We are excited to sell Fun Pasta because there is a large selection of pasta products, fun shapes for everyone, and "online sales" earn even more profit for our group! BUT...we need your help getting the word out...

### YOU CAN HELP BY:

...Selling pasta to your family, friends and neighbors—pick up a catalog at the front desk. Money is collected at time of order.

...Ordering online and encouraging all of your out-of-town family and friends to order. With each online order placed on our group's web page, 40% of the sale (excluding flat shipping rate of \$6.95) will go back to our group and help us achieve our fundraising goal! Order online at: <http://funpastafundraising.com/shop/friends-inc-of-fond-du-lac-senior-center>

### SEE PAGE 2 FOR MORE INFO

Our fundraiser ends on March 31. So spread the word – and thank you so much for supporting our effort!

Questions? Contact Char Nelson, Pasta Fundraiser Coordinator, at 920-922-8857

# WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication  
Vol. 5 • No. 2

## What's Inside

New Fundraiser.....	2
Important Notices .....	3
Upcoming Programs.....	4-5
Happy Travelers .....	6-7
Special Event .....	8
News & Notes .....	9
MPTC Classes .....	10-11
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



## 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.fdlSeniorcenter.com](http://www.fdlSeniorcenter.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.



## MORE ABOUT OUR PASTA FUNDRAISER

Most of the pasta sells for **\$6.50** and **\$7.50** per 14 oz. package and makes 6-8 servings. The pasta has a shelf life of 18-24 months. It is proudly made in the USA and is made in small batches the Old Italian way to insure quality, taste and texture.

### PRODUCTS:

#### PASTA MEALS

Cheesy Pasta (Mac 'n Cheese),  
Pasta Salad, Chicken Noodle Soup

#### PASTA AVAILABLE IN MANY SHAPES

#### Pasta with Personality:

ABC Pasta—Shapes: A B C 1 2 3  
Girlfriend Pasta—purses, shoes, cell phones  
My First Pasta—teddy bears & ducks  
Music Pasta—musical notes & treble clefs  
Dog Lovers Pasta—bones & paws  
Cat Lovers Pasta—cat faces & paws  
Zoo Animals Pasta—pandas, elephants, monkeys, zebras  
Horsin' Around Pasta—horses & horseshoes  
Peace, Love & Happiness Pasta—peace signs, doves, hearts



**Pasta For a Cause:** Pink Ribbon Pasta—ribbons; Support Our Troops Pasta—ribbons

#### Sports-themed Pasta:

Basketball Pasta—basketballs & whistles  
Slapshot Hockey Pasta—skates, helmets, players  
Tailgate & Celebrate Pasta—footballs & helmets  
Cheerleading Pasta—cheerleaders & megaphones  
Baseball Pasta—bats, gloves, balls  
Gymnastics Pasta—stars & gymnasts  
Dance, Dance, Dance Pasta—dancers & ballet shoes  
Soccer Pasta—balls & cleats  
Collegiate Pasta (many college teams including Wisconsin Badgers)



#### Holiday Pasta:

Eat Your Heart Out Pasta (Valentine's Day)—hearts  
Good Luck Pasta (St. Patrick's Day)—shamrocks & clovers  
Bunny Hop Pasta (Easter)—bunnies  
American Pride Pasta (4th of July, Memorial Day, Labor Day)—flags & stars  
Halloween Pasta—ghosts, spiders, pumpkins  
Gobble it Up Pasta (Thanksgiving)—turkeys  
Christmas Tree Pasta—trees & Santa  
Snowman Pasta—snowmen & snowflakes



#### Soup & Chili:

Classic Chili—curly fettuccine with mild-med chili mix  
Wintertime Chili—snowman pasta with mild-med chili mix  
Reindeer Noodle Soup—reindeer pasta with chicken noodle soup mix  
Chicken Noodle Soup—chicken pasta with chicken noodle soup mix

**Other items:** Angel Hair Pasta Nests in Spinach Basil Garlic or Whole Wheat;  
Gluten Free Tagliolini; Meringues in Chocolate Cocoa Crunch or Vanilla Bean

USE YOUR NOODLE!

ORDER SOME FUN PASTA TODAY!

For more information about this fundraiser, contact Char Nelson at 922-8857.

# NOTICES

## IMPORTANT MEMBERSHIP NOTICE

This is the **LAST** newsletter you will receive **if you have not renewed** your FRIENDS membership. *How do you know if you have renewed?* Look at your mailing label, if the renewal date is 01/01/14 and highlighted in orange, you have not renewed for 2014. For your convenience, you can find a tear-out membership form on page 19. Just fill it out and drop it off at the Senior Center or mail in with your check of support (send to 151 E. First Street). If your renewal date is 01/01/15, you're all set...

**THANK YOU FOR BEING A FRIEND!**

## MEET CECILIA LYNCH... OUR NEW OFFICE ASSISTANT

Cecilia Lynch, who has been hired by the Friends of the Fond du Lac Senior Center as the new Office Assistant, began her new position in January. Cecilia's main duties will be overseeing the reception desk (scheduling and answering questions) and also the office operations (supplies, meetings, etc.), and helping with the paperwork and background with activities (attendance, donations, copies, etc.). Please introduce yourself to Cecilia and welcome her to the Senior Center!



## Newsletter Crew

Editor.....Dottie Winkelmann  
Newsletter 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 March's *Among Friends* newsletter is Monday, February 3. Please submit information to Dottie Winkelmann.

## 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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Darlene Hoffmann, Mgr.

Call For Free Information  
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**www.calvarycemeteryfdl.com**

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**langholfchiropractic.chiroweb.com**

**NOW LEASING!**

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**Knights of Columbus Hall**  
**OPEN TO THE PUBLIC**

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- Wedding Receptions
- Banquets & Dinner Meetings

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Jodi Riley, Property Manager

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# UPCOMING PROGRAMS

## COMMUNITY CARES PROGRAM:

### SENIORS TO "VISIT" HAWAII MAY 2 VOLUNTEERS WILL MEET FEBRUARY 21

For the past three years, seniors from local nursing homes and assisted living facilities and other seniors living at home, participated in an imaginary trip to Hawaii through the Senior Center's Community Cares Armchair Travel Program. A grant from the Fond du Lac Area Foundation and the financial support and help from several area businesses, groups, and individuals, make this trip possible.



Former volunteer Receptionist Dorothy Greunke took the "trip" in 2013. Aloha, Dorothy!

Another trip is being planned for Friday, May 2. The "trip" will be held at the Senior Center, utilizing the entire building for the big event. Local nursing homes and assisted living facilities will be contacted in the near future to recruit possible participants.

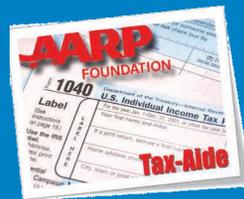


Hawaii volunteers from 2013 will be invited to a special "Hawaii Crew Review" on Friday, February 21, at noon for a complimentary lunch at

the Senior Center. Volunteers will receive an invitation in the mail. If you do not get the notice in the mail, please call Armchair Trip Coordinator Cathy Stratz at 517-3634. If you would like to volunteer for the "trip" on May 2, let Cathy know as soon as possible. Volunteer assignments will be coordinated soon.

## FREE TAX ASSISTANCE

Call 322-3630 to schedule an appointment



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 **Tuesday, February 4 through Thursday, April 10.**

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 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 service.

## NOTE TO SENIOR CENTER PARTICIPANTS & VOLUNTEERS:

Senior activities are moved around to make space in room 4 and the Computer Lab for this worthwhile community service. Because over 1,100 returns are e-filed, the Senior Center is a busy place. Thank you to the participants for understanding that this is a priority for us during tax season and we appreciate your cooperation. Also, kudos to our volunteer Receptionists who take the reservations—which is quite a job. Of course, *very special thanks* to all of the Tax Program volunteers who give their time and talents to make this service possible. You are appreciated!

## INTRODUCTION TO FLY TYING

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



Tom Conley, an avid fly fisherman, is very excited to demonstrate the art of tying flies for fly fishing. 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 10, by calling 322-3630.*

## SPREADING LOVE TO THE ISSACS 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**



Stanley M. Isaacs Neighborhood Center  
415 E. 93rd Street, New York, NY 10128  
[www.isaacscenter.org](http://www.isaacscenter.org)

REMINDER: We will send Valentine cards to New York City Isaac Center seniors in February. Stop by the Senior Center between January 27- 31 to make a simple card or to just sign a card in the main lobby. Your own cards (handmade or purchased) can be dropped off at the front desk at the Senior Center until Wednesday, February 5.

See the January newsletter, page 2, for more information about our connection to the Isaacs Center.

# UPCOMING PROGRAMS

*Celebrating Valentine's Day*

**FRIDAY, FEBRUARY 14**

with the "NOT-SO-NEWLYWED GAME"

**10–11 a.m.**

4 local *not-so-newly* married couples will play the game everyone remembers as part of the SENIOR WELLNESS MORNING

See page 9 for complete details.



## 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.

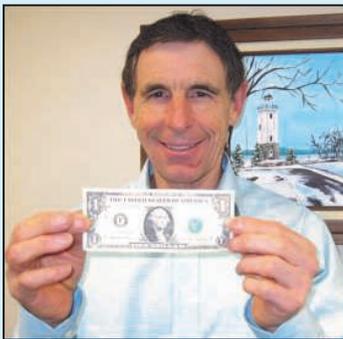
## CRIBBAGE ANYONE?

Please sign up at the front desk if you would be interested in playing cribbage at the Senior Center. A couple of people have expressed interest recently in resuming this card game.

## 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 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 don't 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.**

## ARTIST of the MONTH

**February: Carol McArthur**

**March: Jake Schommer**

An Artist of the Month is being featured in the east lobby at the Senior Center. One artist a month will display a work of art and have a photo and an Artist Statement or bio about the current artist.

We are looking for volunteers to display original art work. All types of art can be showcased—photography, oil, watercolor, abstract, etc. Please sign up for a month at the front desk. If you would like help with your Artist Statement, please let us know. That should not stop you from displaying your work. We'd like to have the *entire year* planned ahead.

# 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.

IT'S NOT TOO LATE TO SIGN UP FOR THESE UPCOMING TRIPS...

## CASINO DAY TRIPS

**THURSDAY, FEBRUARY 27: Menominee Casino—Keshena**

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

**THURSDAY, MARCH 27: Ho Chunk Casino in the Dells**

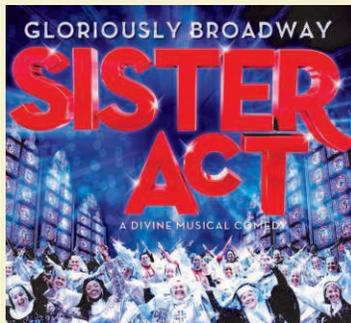
Includes dinner at **LOG CABIN** in Baraboo and \$25 in free play on player card at casino Thursday is **SILVER SENIOR DAY**: Earn 10 points & receive \$10 in Free play

## OTHER DAY TRIPS

**THURSDAY, MARCH 13: HARLEY MUSEUM, CABELA'S & LAKEFRONT BREWERY** Includes dinner at **Milwaukee Ale House**

**WEDNESDAY, MARCH 19: "GHOST" at Fox Cities PAC**

**SIGN UP ASAP—BEFORE IT'S TOO LATE!**



## "SISTER ACT"

Thursday – May 8

Fox Cities PAC  
Appleton, WI

Cost: \$85

Dinner is Dutch treat  
at Culver's on the way home

### A SOUL-LIFTING, FEEL-GOOD, DIVINE MUSICAL COMEDY!

**SISTER ACT** is Broadway's feel-amazing musical comedy smash! The New York Post calls it, "ridiculously fun," and audiences are jumping to their feet in total agreement. Featuring original music by eight-time Oscar® winner Alan Menken (*Beauty and the Beast*, *The Little Mermaid*, *Little Shop of Horrors*), **SISTER ACT** tells the story of Deloris Van Cartier, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in the last place anyone would think to look—a convent. Under the suspicious watch of Mother Superior, Deloris helps her fellow sisters find their voices as she unexpectedly rediscovers her own. A sparkling tribute to the universal power of friendship, *Sister Act* is reason to rejoice!

Leave: 5:45 p.m. Home: 11 p.m.

## MAGGIE MAE BARN DANCE

Thursday – May 29

Oxford, WI

with a stop at Kelley Country Creamery

Cost: \$72

Join us for a foot-stompin' good time!



Leave: 10 a.m. Home: 5 p.m.

## ONEIDA CASINO & GREEN BAY BOTANICAL GARDEN

Wednesday – April 9

Cost: \$45

Dutch treat Dinner at Mackinaw's Grill & Spirits in Green Bay

Join us for a fun day—with a stop at Oneida Casino where you will have a full two hours to gamble to your hearts content, then on to Mackinaw's Grill & Spirits for lunch, and finally a stop at Green Bay Botanical Garden, where you will gain insights into gardening and get a jump start on summer garden planning.



Leave: 8:30 a.m. Home: 5:15 p.m.

## "FIDDLER ON THE ROOF"

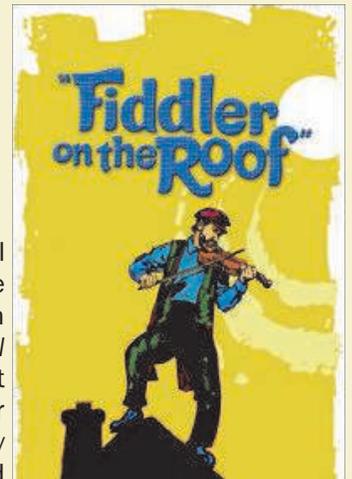
Sunday – May 18

Fireside Theater, Fort  
Atkinson, WI

Cost: \$95

Includes a fabulous  
Fireside lunch

Arguably the greatest musical ever written and certainly one of the most popular shows in Fireside history, **FIDDLER ON THE ROOF** makes a triumphant return to the Fireside stage for this very special anniversary season. This classic show held



the title as Broadway's longest running musical for over twenty years, winning nine Tony Awards including Best Musical. Tens of millions of people worldwide have fallen in love with Tevye, the long suffering dairyman who struggles to find a balance between his traditions and his family. A heart-warming story featuring one of Broadway's most beautiful musical scores, **FIDDLER ON THE ROOF** opened on Broadway the same year that The Fireside first opened its doors. To celebrate this dual anniversary, back by popular demand, Artistic Director Ed Flesch will return to the leading role with which he has long been associated. You won't want to miss this Fireside "Tradition!"

Menu: Roast Beef Tenderloin, Chicken Breast, Escalloped Potatoes, Fresh Asparagus Spears, Broccoli & Cauliflower Salad, Freshly Baked Bread from Fireside Ovens, Tevye's Triple Crown Dessert, Coffee, Tea and Milk

Leave: 8:30 a.m. Home: 6 p.m.

# FOND DU LAC SENIOR CENTER PRESENTS

## Chicago



### INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 2 nights lodging
- ◆ 4 meals: 2 breakfasts and 2 dinners
- ◆ Visit to the World Famous Willis Tower Observation Deck formerly the Sears Tower
- ◆ Visit to the historic Navy Pier
- ◆ Skyline Cruise on Lake Michigan
- ◆ The Art Institute of Chicago
- ◆ Visit to the Museum of Science and Industry
- ◆ and *much more*

# \$275 \*

## 3 DAYS 2 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

### (Tue - Thu)

## June

### 3 - 5, 2014

**Departure: Holiday Inn, 625 W Rolling Meadows Dr, Fond du Lac, WI @ 8 am**

**Day 1:** Board your spacious, video and restroom equipped Motorcoach and set off for your destination: exciting Chicago! Upon arrival, you'll enjoy a visit to the world famous Willis Tower formerly the Sears Tower. The Observation Deck has undergone a \$4 Million Dollar renovation. Come and see breathtaking views of Chicago and explore the city's rich history with the Skydeck's new interactive displays. Tonight, you'll enjoy Dinner at a local restaurant before checking into your Chicago area hotel.

**Day 2:** Today, you'll visit the Art Institute of Chicago - Home to some of the world's most well-known art collections. Then, experience one of Chicago's top attractions - The Historic and Fun-filled Navy Pier where you'll enjoy great shopping, eateries, a free stained glass museum, and more; all in a beautiful setting. Then later, relax on a Cruise and take in the spectacular Chicago skyline view from lovely Lake Michigan. Tonight, you'll enjoy Dinner and live entertainment.

**Day 3:** Today after enjoying a Continental Breakfast, you'll depart for the Museum of Science and Industry - voted one of the "Seven Wonders of Chicago" by the Chicago Tribune, and named one of the "Top 15 Museums in the World" in Life Magazine. Among its most popular offerings is "YOU! The Experience" - a new 15,000 square foot exhibit that explores the human mind, body, and spirit. Later you'll leave for home... A perfect time to chat with your friends about your exciting adventure and where your next group trip will take you!



Experience Chicago



Explore sizzlin' Chicago!



Architecture and history abound



Explore the Museum of Science and Industry

### ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$60 for single occupancy. Final Payment Due: 3/28/2014

### FOR INFORMATION & RESERVATIONS CONTACT:

**Mary Schneider @ (920) 322-3635**

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# 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                      Heartland Hospice  
Country Doctor                      Comfort Keepers  
Generations Home Care & Hospice  
A special KISSING BOOTH, too!

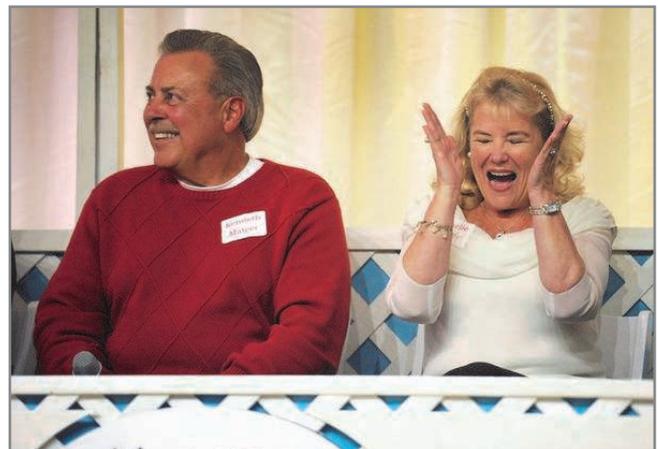
#### Demonstration

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

## 2014 DINE OUT COUPON BOOKS JUST \$5.00!

They're selling like hotcakes! Pick up your 2014 Dine Out Coupon Book NOW and start saving with the great discounts!

### LET'S DO LUNCH

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday–Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over.

**If you haven't tried these delicious, nutritious lunches, what are you waiting for?** Registration is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: [fdlseniorcenter.com](http://fdlseniorcenter.com)

Senior Dining



## THANK YOU VOLUNTEERS

The Fond du Lac Senior Center is fortunate to have so many great volunteers who give of their time and talents, their patience and experience, their smiles and wisdom, their sense of humor and energy. On any given day, the Center offers many opportunities for volunteers to help with what they love to do; or sometimes it may be doing something that they have never done before and end up loving it! It is not an exaggeration to say that without the help of volunteers, our Senior Center would not be able to offer so many programs, activities and services and would not be the vibrant place it is. From grilling brats at our Piggly Wiggly summer fundraisers, to helping fold and tape the newsletter each month, from serving as activity coordinator, receptionist, or Craft Shoppe cashier to helping with building maintenance and repairs, and more...our volunteers are at the heart of what makes the Fond du Lac Senior Center the wonderful place it is!



**Volunteers don't necessarily have the time, they just have the heart.** 9

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## St. Charles Cemetery

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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**

103-483-30627	M, T, W	April 21, 22, 23	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

### COMPUTER BASICS 2

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

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

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

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

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

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

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

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!

## "THE BUTLER"

Monday, February 17 **OR** Thursday, February 27

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

**MENU: FEBRUARY 17:** Roast Turkey, Mashed Potatoes, Carrots, Pear Slices, Sliced Bread, Cookie and Milk

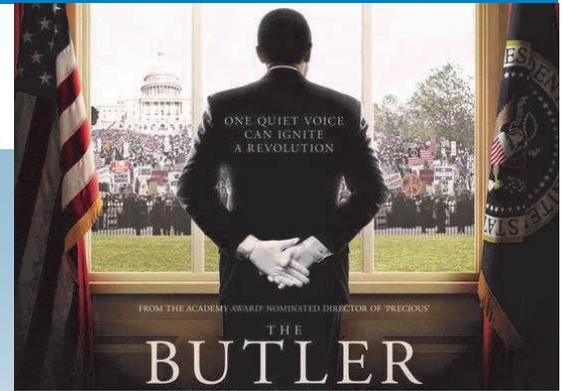
**MENU: FEBRUARY 27:** Baked Chicken, Twice-Baked Style Potatoes, Copper Penny Salad, Petite Banana, Dinner Roll, Cinnamon Roll and Milk

### 12:30 p.m. Movie: "The Butler"

**ONE QUIET VOICE CAN IGNITE A REVOLUTION...**The story of African-American White House butler Eugene Allen, who served eight American presidents over three decades (from 1952 to 1986). The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected the man's life and family. Based on the story "A Butler Well Served by This Election" by Wil Haygood.

**Starring:** Forest Whitaker, Oprah Winfrey, John Cusack, Jane Fonda, Cuba Gooding Jr., Terrence Howard, Lenny Kravitz, James Marsden, David Oyelowo, Alan Rickman, Liev Schreiber, Robin Williams, Danny Strong. **2013, Rated: PG-13, 132 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

### NORTHGATE SENIOR APARTMENTS

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Fond du Lac, WI

# RECREATION

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

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

## ART CLUB

Thursdays at 1:00 p.m.

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): 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

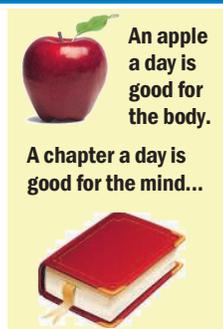
3rd Monday  
at 9:30 a.m.

**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.

*Enjoy dancing to Variety and Old Tyme music performed live or with karaoke/DJ.*

*Occasionally dances need to be cancelled due to inclement weather. KFIZ 1450 will announce or call Gerry Krebsbach at 920-921-9509.*

## 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, February 6, at noon**  
*Faro's Family Restaurant*

**Thursday, March 6, at noon**  
*Elk's Club*

## SCAMP

 (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

*Char-tastic Crafters*

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

*Jack of Diamonds*

Wednesdays and Fridays at 1:15 p.m.

*Black Queens*

## SKAT

Tuesdays at 9:00 a.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

**You MUST call the Center if attending.**

**Saturday, February 15**

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

*Trinity Hall & Restaurant*

## 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



## 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*

## 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. Don't risk falling on icy sidewalks but come to the warm, dry Senior Center and exercise with us. No need to register, just come.



## NEXT TAI CHI SESSION TO BEGIN MARCH 18 WITH MICHAEL FRICKE



The Fond du Lac Senior Center welcomes Michael Fricke as the new Tai Chi Instructor. He comes to us with 40 years of experience with Tai Chi. 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.

The eight week session will end on May 6. 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 Dance ..... Mondays; 7 p.m. \$5
- Beginning Line Dancing ..... Saturdays, 10–11:30 a.m. February 1, 8, & 22 ; \$7.50 for 3 weeks
- Water Exercise ..... Daily 8 a.m. at the Aquatic Center ..... \$3.75 per session
- Zumba Gold ..... Monday evenings 5:30 to 6:30 p.m. .... \$5 walk ins. Call 920-606-9078 for info.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Lake View Estates

**Friday, February 14; from 9–10 a.m.** *2nd Fri. of the mo.*

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

**Friday, February 14 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, February 13, 20, 27**

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

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, February 14; from 8:30–10 a.m.**

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, February 25; 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, February 27; 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, February 20; 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, March 21; 9:00–10:00 a.m.**

Festival Foods, 1125 E. Johnson Street ~ Conference Room

### PARKINSON'S SUPPORT GROUP

**Monday, February 10; 10:00–11:00 a.m.** *(2nd Monday of the month)*  
Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER

**Tuesday, February 11; 8:30 a.m.** *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

# HEALTH & WELLNESS

## HEART TREE DEDICATION

February 6, at 10 a.m.

Mark your calendar so you do not miss the program to dedicate our 2013 Heart Tree. Music will be provided by the Fond du Lac Senior Center Hand Chime Choir. Chaplin Dean Desilet of Lutheran Homes & Health Services will share some inspiring thoughts. Those attending will be given an opportunity to share memories and thoughts of their loved ones. Refreshments will be provided. Special thanks to all those who purchased ornaments making the Heart Tree fundraiser a success.



## SENIOR WELLNESS MORNING:

Friday, February 14

9–10 a.m.

### Health Screenings:

Hearing, Blood Pressure, Blood Sugar (fast required)

### Vendor Booths:

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

**Demonstration:** Cupcake decorating demo by MPTC Culinary Art students. They will demonstrate techniques and then you will be able to decorate a cupcake for yourself. *Preregistration IS required.*



## 10–11 a.m. Come watch the “Not-so-Newlywed Game”

We listened to your suggestions and will be adding fun activities to the Senior Wellness Morning. You won't want to miss the laughs as these senior couples find out how well they really know each other. Don't miss the fun—call 322-3630 to register.



## Seeking Homebound Seniors & 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.

## LOOK GOOD...FEEL BETTER

Wednesday, February 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.**

## Concerns Regarding the Aging Process: How to Help Yourself, Your Family and Friends

Thursday, March 6; 10–11 a.m.

Tiffany Fisher, Physical Therapist with Aurora Medical Center, will discuss risk of falls, osteoporosis, fractures, bladder and bowel control. Call 322-3630 to register.

# SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



## COMMUNITY CARES

Volunteers will visit All About Life, 116 E. Arndt Street, on Tuesday, February 25, 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. New volunteers are welcome. If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in lonely seniors' lives.



## Senior Outreach Program

Volunteers will meet on Thursday, February 6, from 9 – 11 a.m. Note: We will meet in Room 4 for the first hour to submit reports, share concerns and encourage each other. At 10 a.m., we will move to the Activity Room where the Hand Chime Choir has set up for the Heart Tree Dedication. Chaplain Dean Desilet will share some inspiring thoughts and those participating may also share special memories.

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.

**February 4** Coliseum  
**February 11** Schreiner's  
**February 18** Sunset on the Water  
**February 25** Pizza Ville

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

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

## AARP MEETING Thursday, February 20 ~ 1:30 p.m.

### Guest Speaker: ALLEN BUECHEL, FDL County Executive

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.

16

## VOLUNTEER OPPORTUNITIES



*of Fond du Lac*

**DO YOU WANT TO VOLUNTEER AND  
HAVE FUN AT THE SAME TIME?**

**Volunteers are needed for  
Taste of Fond du Lac!**

**SUNDAY, FEBRUARY 23**

**11 a.m.—5 p.m.**

### FDL COUNTY FAIRGROUNDS EXPO BUILDING

Event organizers are looking for volunteers to help staff the ticket booths & monitor door entrances.

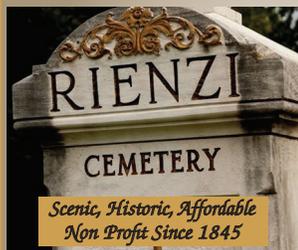
### Two shifts available:

**10:30 a.m.—1:30 p.m. OR 1:30—5:00 p.m.**

**What to expect:** The 27th annual Taste of Fond du Lac will be held at the Fairgrounds Expo Building. All volunteers will receive free admission to the event, food tickets and a free t-shirt. This is a community event and a great way to see old friends and meet new people!

**Call Fond du Lac Festivals, Inc. at (920) 923-6555 to volunteer.**

## Rienzi Cemetery, Chapel & Mausoleums



*Rae Nell Halbur  
Family Service Counselor*

*N6101 Highway K  
Fond du Lac, WI 54937*

**920-922-4543**

Email: [rienzi@tds.net](mailto:rienzi@tds.net) • [www.rienzicemetery.com](http://www.rienzicemetery.com)

*Make your final resting place part of  
Fond du Lac History at Rienzi.*

Find us on Facebook

## Liberty House

A Family Home For Older Adults

*Quality Care  
Quality of Life*

Class C Licensed CBRF  
(Community Based Residential Facility)

**920.922.5445**

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- Social & Recreational Activities
- Nutritious Meal Plans
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- Peace of Mind



### Does Someone You Love Need Help with Memory Care?

- Gentle Quiet Alzheimer's Support
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## Fond du Lac Memorials

**651 Fond du Lac Ave., Fond du Lac, WI 54935**

(across from Haentze Floral)

**(920) 922-5606 • Toll Free 877-494-9072**

[kschumacher@nahsi.com](mailto:kschumacher@nahsi.com)

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- 1 Bedrooms
- Rent based on income
- Utilities Included\*
- Pets welcome\*

\*some restrictions apply

**MABESS MANOR APTS.**

**(920) 922-2019**

**Campbellsport, WI.** EHO

## AGING & DISABILITY RESOURCE CENTER OF FOND DU LAC COUNTY

- \*FREE INFORMATION & REFERRAL
- \*DISABILITY BENEFIT SPECIALIST
- \*LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

- \*OPTIONS COUNSELING AND LONG TERM CARE
- \*INFORMATION ABOUT ELDER ABUSE/NEGLECT

**MONDAY TO FRIDAY 8AM TO 4:30 PM**  
50 N PORTLAND STREET  
FOND DU LAC, WISCONSIN

**(920) 929-3466 OR 1-888-435-7335**  
[adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov)



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Integrity (in teg'ra'te) n. the quality of being  
of sound moral principle; honesty, sincerity.  
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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
<b>Singing</b>	Tuesday	10–11 am	6	\$25
February 4, 11, 18, 25, March 4, 11		April 8, 15, 22, 29, May 6, 13		
<b>Oil Painting</b>	Tuesday	10 am–noon	4	\$15
February 4, 11, 25, March 4		March 11, 18, 25, April 8		
<b>Drawing &amp; Watercolor</b>	Tuesday	1–3 pm	4	\$15
February 4, 11, 25, March 4		March 11, 18, 25, April 8		
<b>Note: The drawing class that had been previously scheduled for Wednesday evenings has been combined with the Watercolor class.</b>				
<b>Mixed Media Art</b>	Tuesday	3–4:30 pm	4	\$10
February 4, 11, 25, March 4		March 11, 18, 25, April 8		
<b>Open Sewing Lab</b>	Wednesday	3:30–6:30 pm	5	\$15
April 2, 9, 16, 23, 30		October 1, 8, 15, 22, 29		
<b>Country Line Dancing</b>	Thursday	6–7:30 pm	4	\$10
February 6, 13, 20, 27		March 6, 13, 20, 27		
<b>Beg. Country Line Dance</b>	Saturday	10–11:30 am	3	\$7.50
February 1, 8, 22		March 1, 8, 15		

## CARD MAKING CLASS with Jana Secord

2nd Tuesday of each month

**Next class: Tuesday, February 11**

**3 sessions to choose from:**  
**3:15–4:45 p.m., 5:15–6:45 p.m.**  
**or 7–8:30 p.m.**



**It's SALEABRATION TIME!**

**We'll make three cards using products from the SPRING and SALEABRATION catalog.**

Make three beautiful cards for \$6—or cards and class are 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 [stampingjana@charter.net](mailto:stampingjana@charter.net).**

## SCRAPBOOK CROP ✂--✂--✂

**Colette Jaeger** will hold a Scrapbooking Crop at the Senior 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.**



where can I go to crop?

## SING INTO WELLNESS

**New SINGING CLASS begins February 4 through March 11 TUESDAY MORNINGS from 10–11 a.m. SIGN UP NOW!**

**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
- 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 HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY



## A NEW QUEEN BEE WAS CROWNED!

HRH Donna Charneski

The Queens Club of the Red Hat Honeys welcomes the newest Queen Bee—Donna Charneski—and her Court: Audrey Mathieu, Sue Tedford, and Nancy Smet. All hail to our new royalty!

What a beautiful smile on a stunning Queen. Join our fun!

### 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 for both events.

18

# THIS 'n THAT

Craft & Gift Shoppe

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



♥ ♥ ♥ Stop in ♥ ♥ ♥

and check out our nice assortment of Valentine items—perfect for that special someone!

## WANTED: VOLUNTEER CASHIERS!

Please see Pat Lefeber, Craft Shoppe Coordinator, to learn about volunteer opportunities at our This 'n That Craft & Gift Shoppe.

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Call **933-5588**



## All About Life Rehabilitation Center

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Serving the Fond du Lac Community with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

115 East Arndt Street  
Fond du Lac, WI 54935  
920.923.7040

[www.allaboutlifeskillednursing.com](http://www.allaboutlifeskillednursing.com)

## All About Life REHABILITATION CENTER

Call to schedule a personalized tour of our Advanced Rehabilitation Unit  
....helping people live better

**Twohig Funeral Home**  
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Cost conscience funeral services from full services to cremation  
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- Homemaker Services - Short or Long Term
- Respite Care
- Companionship

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A Comprehensive approach to your rehabilitation needs.  
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Administrator: Sandra Randall  
**Villa Rosa Assisted Living**  
N8120 Cty. WW, Mt. Calvary, WI 53057  
(920) 753-3015 • Fax (920) 753-2580  
Manager: Lynn Schmitz, LPN

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[www.hospiceadvantage.com](http://www.hospiceadvantage.com)

**Wink Chiropractic**  
924 Forest Ave., Fond du Lac  
[www.WinkChiro.com](http://www.WinkChiro.com)  
This coupon entitles the bearer to a **FREE** consultation and x-rays (if indicated)  
**THIS IS A \$250.00 VALUE**  
CALL TO BOOK YOUR APPOINTMENT TODAY!  
**(920) 921-4130**

**Annen Brake Service & Auto Repair**  
230 N Hickory St  
Fond du Lac  
**920-922-0840**

# 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.

<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"/> <b>City of Fond du Lac</b> <input type="checkbox"/> <b>Other:</b>

## CHOICE OF SUPPORT:

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

**THANK YOU FOR BEING A FRIEND!**

We need 900 more members to break our 2013 record of 2,616 Friends members!

- \$\_\_\_\_\_ 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 to City Council to help with 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

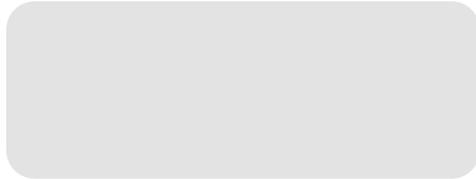


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

*Dottie Winkelmann* 322-3630  
dwinkelmann@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

*Cecilia Lynch* 322-3639

### FRIENDS BOARD OF DIRECTORS

*Mary Kind, President*  
*Jerry Gordon, Vice President*  
*Kate Barr, Secretary*  
*Ron Zarling, Treasurer*  
*Susanne Dennis*  
*Charlotte Nelson*  
*Irv Pea*  
*Ruth Smith*  
*Cathy Stratz*

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

Wisconsin  
Association of  
Senior  
Centers



### SENIOR CITIZEN

### ADVISORY COMMITTEE

*Sr. Angie Behen*  
*Kathryn Curran*  
*Susanne Dennis*  
*Joyce Dille*  
*Ray Gorden*  
*Barbara Lukas*  
*Councilman Gary Miller*  
*Dave Redman*  
*John Silah*

### MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.



Visit us online: [www.fdlSeniorcenter.com](http://www.fdlSeniorcenter.com)  
Stay up to date with everything happening at the Center!  
"Like" us on Facebook for pictures, contests and more!  
[Facebook.com/FondduLacSeniorCenter](https://www.facebook.com/FondduLacSeniorCenter)



Find us on  
**Facebook**