

Among Friends



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

APRIL 2014

~ Proudly serving the seniors in the Fond du Lac community for almost 50 years! ~

Counseling Services

to start at Senior Center

Welcome, Catherine!

The Friends of the Fond du Lac Senior Center have teamed up with Lutheran Social Services to offer counseling services on Mondays at the Senior Center.

Catherine Jones, MA, SAC, will have office hours—by appointment only—every Monday in the Health Room. The number to call for information or to make an appointment is 920-924-5222.

Catherine's approach to counseling is person-centered. She explains that she uses motivational interviewing techniques "to empower people to awaken the strengths, skills, and resources within themselves" to promote change and enhance their quality of life.



Catherine is a licensed professional counselor, employed with Lutheran Social Services (LSS) of Wisconsin and Upper Michigan, Inc. She graduated from Goodrich High School here in Fond du Lac and received a master's degree in counseling from Lakeland College, Plymouth, WI. She currently works two days in Fond du Lac and two days in Appleton, WI.

While at the Senior Center, Catherine anticipates counseling may focus on the physical and psychological aspects of aging, loneliness, social issues and life review. This includes trauma, grief and loss, depression, anxiety, caregiver stress, and overuse of addictive substances, and others addictions, including gambling. However, she can address issues not listed here.

Catherine helps clients build resilience and facilitates recovery from mental health and substance abuse problems. She draws from her experience during a 23 year military career with the Army, working with soldiers and their families in the human services field.

When you meet Catherine, you will find that her hobbies include gardening, reading, walking, bicycling, and spending time with her family and pets—a dog, cat and bird. Stop and say HELLO to her!

**Counseling Services Available
Mondays from 8:30 AM to 4:30 PM**

BY APPOINTMENT

Fees will be determined by a sliding fee scale based on income—which may even be "no charge." Catherine will give information on specific situations. Call 920-924-5222 to talk to Catherine.

WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication
Vol. 5 • No. 4

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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.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.



FUN PASTA FUNDRAISING

The Friends of the Fond du Lac Senior Center organization sponsored a FUN PASTA fundraiser from January through March. **Thank you for your participation.** If you would still like to place an order, you may still order online to benefit our organization. Stop by the Senior Center and pick up an order book to look at the list or just shop online at: www.funpastafundraising.com

Shop Now & Support Your Group

In the right hand corner of the page, click on the "Shop Now" icon and then type in "Fond du Lac Senior Center" & "WI" to get to our page. Go ahead and shop away!



NEW ON-GOING FUNDRAISER

Did you notice the picture of the darling baby on the cover of the March newsletter? That was Director Dottie Winkelmann's grand-daughter Emma. The front page photo kicked off the start of a new fundraiser for the Senior Center. For a **\$10 fee**, Friends members can have a photo of their grandchildren—or pet?—on the cover of the newsletter. Actually, it could be a picture of anyone special. We will put a note inside the newsletter stating who the photo is if payment is made to have a photo included. Of course, there are some guidelines to go with this and you can pick those up at the front desk. The funds for the photos will go toward our Sunshine Fund, money set aside to do goodwill for our volunteers and members when they are sick or need encouragement or words of sympathy. It's a win-win fundraiser.

PERFECT FOR EASTER BASKETS

The Dine Out Coupon Book fundraiser for the Friends of the Fond du Lac Senior Center features 48 coupons for dining at 39 area restaurants with savings of more than \$150. The book costs just \$5 and offers discounts that are good through December 2014. Purchase coupon books in the This 'n That Craft & Gift Shoppe, located in the Senior Center, Monday – Friday, from 9 a.m. to 4 p.m. Books are also available at the front desk anytime between 8—4:30 p.m. **GREAT IDEA FOR EASTER GIFTS!**

BRAT FRY VOLUNTEERS NEEDED

The Friends of the Fond du Lac Senior Center are overseeing 3 brat fry weekends in May and Senior Center groups are helping by being a SPONSOR, which will be listed in the May newsletter. If your group would like to be a sponsor and have hand-outs available for the public to know more about your group, please see Dottie.

We need LOTS of volunteers—about 100—for this annual fundraiser! If you would be willing to help grill or serve, please call Rosemary Schorse at 921-6738 or the Senior Center at 322-3630. Check your calendar to see if you can help with a 3 hour shift on one of the following dates:

2014 Brat Fry Schedule at Piggly Wiggly

Friday, May 2	Saturday, May 3	Sunday, May 4
Friday, May 9	Saturday, May 10	Sunday, May 11
Friday, May 16	Saturday, May 17	Sunday, May 18

PLEASE JOIN OUR FRIENDS!

Help us break last year's record!

In 2013 we had a record **2,616 members** of the Friends of the Fond du Lac Senior Center. Our Friends organization is one of the biggest in the state of Wisconsin—and most successful. Did you know that Directors from other Senior Centers in the Fox Valley have called to consult with us or visited our Center to ask what we are doing to recruit so many members?

We are proud of our Friends organization *and* of all of the 300+ volunteers that assist staff in making the Fond du Lac Senior Center the wonderful community service that it is. We have over 56,000 recorded visits by individuals each year (why we take attendance at every activity). The Senior Center continues to grow each year in numbers of participants, Friends members, and in activities and services. And in April, we will even be increasing our staff!

If you are picking this newsletter up at a location around town, please consider joining our Friends organization and help support the operation of the Senior Center. The membership form is on page 19 and anyone, any age, can join! We even have Business Memberships. We need 317 members yet to break last year's record. **PLEASE JOIN!**



Newsletter Crew

Editor.....Dottie Winkelmann
Contributor.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Darlene Lyness
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the May *Among Friends* newsletter is Monday, April 7. Please submit information to Dottie Winkelmann.

Up-to-Date Information

Tune in to KFIZ-
A M 1450
M o n d a y 
mornings from
9:10-9:25 a.m. **The One You Depend On**
for the Senior Center update.

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.

APRIL PROGRAMS

Earth Day Celebration

Wednesday—April 23
12:30 p.m.
Fond du Lac Senior Center



We have a special party planned to celebrate spring and Earth Day. We will start with a **Sing-Along** with Jess Ellison. Join in the fun songs or just sit back and listen. Then we will play **Earth Bingo** with flowers and earth related prizes. If the weather cooperates, we would like to **plant a lilac bush** outside. Of course there will be a special treat, too. This event is free and open to all area seniors. You must pre-register to attend. The deadline to register is Monday, April 14. Call 322-3630 to register. Let's celebrate the Good Earth. *Special thanks to Karin Whealon who is helping to coordinate and sponsor this special event!*

WORLD BOOK NIGHT April 23, 2014

Receive a free book—10 a.m. at the Senior Center (while supply lasts)

Reading for pleasure improves literacy, actively engaging emerging readers in their desire to read. Reading changes lives, improves employability, social interaction, enfranchisement, and can have a positive effect on mental health and happiness. Book readers are more likely to participate in positive activities such as volunteering, attending cultural events, and even physical exercise.

Or more simply put, books are fun—and they can be life-changing.

With the passionate volunteer support of thousands of people across the country, World Book Night is spreading the love of reading, person to person.

Friends member and Senior Citizens Advisory Committee Chair Barbara Lukas was selected (from many applicants) to be a spokesperson to promote World Book Night and reading. The book that Barbara has chosen to give away is "Pontoon" by Garrison Keillor.

Stop by the Senior Center on Wednesday, April 23, at 10 a.m. to talk to Barbara about reading and pick up a copy of Pontoon—while her supply lasts (she'll have 20 books). Take your new book home and sit down to read during World Book Night.

On April 23rd, Barbara will be among 25,000 passionate volunteers across America giving a total of a half a million books to those who don't regularly read and/or people who don't normally have access to printed books, for reasons of means or geography.



Intergenerational Activity

MAKING HOMEMADE BIRD FEEDERS

Area children—and seniors—are welcome to participate in a "Making Homemade Bird Feeders" workshop at



2:00 p.m. on Monday, April 21, at the Senior Center. Jen Winkelmann will bring a variety of homemade bird feeders, including all of the supplies to make them. Pre-registration is needed to participate so supplies can be purchased. The deadline to register is Friday, April 11. This activity is free and open to seniors and their grandchildren, nieces, nephews, friends, and neighbors. Space will be limited, so please register early. NOTE that this event will be held during *Spring Break* so children can attend.

ANOTHER Intergenerational Activity EASTER EGGSTRAVANZA Friday—April 11 3:30—4:30 p.m.



Details for this activity were included in the March newsletter on page 8. There may still be space left. Call 322-3630 to inquire. This free event is open to seniors and their grandchildren or other special youngsters and includes a visit from the Easter Bunny!

Wellness Activities

COPING WITH GRIEF

Thursday, April 3
10—11 a.m.

Staci Salzmann, Bereavement Counselor with Agnesian HealthCare's Bereavement Center and Grief Relief, will address these issues:

- What is grief?
- 5 Tasks of grieving
- Myths about grief
- How to support someone who is grieving
- How to take care of yourself while grieving

To register to attend this informative program, please call the Senior Center at 322-3630.

SENIOR WELLNESS MORNING

Friday, April 11 Our Mini Health Fair held 4 times a year!
9 — 11 a.m.

Health Screenings: 9—10 a.m.

Blood Pressure—Heartland Hospice

Blood Sugar (fast required)

Hearing Screening—Avada

Vendor Booths: 9—10 a.m.

Senior Services, Harbor Haven Health & Rehabilitation, Wink Chiropractic, Living Well with Chronic Conditions, Kindred Hearts, Comfort Keepers, Country Doctor, Total Wellness Center, and meet the new Senior Center Counselor from Lutheran Social Services

Speaker: Chaplain Dean Desilet 10—11 a.m.

Chaplain Desilet of Lutheran Homes and Health Services will explore the Spiritual Dimension of Wellness. Learn practical insights for overall good health.

SPRING INTO WELLNESS

Annual Senior Event at Forest Mall
featuring a GAME SHOW theme!

Wednesday—May 7

9 a.m.—3 p.m.

At Forest Mall on Johnson Street

Events include:

- Health Clinics
- Demonstrations
- Vendor Fair
- Style Show
- Bingo 1—2 p.m. Sponsored by the Senior Center
- Door Prizes

For more info, watch the Action Advertiser, listen to the KFIZ Monday morning Senior Center update at 9:10 a.m., and details will be included in the May newsletter.

For now...**MARK YOUR CALENDAR!**

BREAKFAST FOR THE BRAIN

April 15—May 6, 2014

6 SESSIONS: Tuesday & Friday mornings

Tuesdays: April 15, 22, 29, May 6

Fridays: April 25, May 2

10—11:30 a.m.

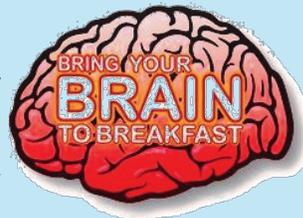
Held at Lutheran Homes & Health Services

Macy Street Campus, 244 N. Macy Street in the Atrium

USE IT OR LOSE IT...

IMPROVE YOUR BRAIN'S HEALTH!

Like your muscles, your brain needs regular workouts to stay healthy and fit as you age. For instance, have you ever tried to complete a crossword puzzle with your other hand? The "Breakfast for you Brain" program is an interactive brain wellness workshop for active adults. During this six session program, participants will be guided through fun, hands-on, interactive exercises that stimulate brain functioning.



This interactive program designed to workout your brain is facilitated by Nan Baumgartner, retired Extension educator. The cost is \$15 and is limited to the first **16 seniors to register**. The program helps us realize the benefits of consistent mental exercise combined with a commitment for physical activity and good nutrition. Areas that the sessions focus on are nutrition, how the brain works, humor, using visuals to stimulate (puzzles, optical illusions, creative art), left/right brain activities, listening as a brain enhancer, expressing opinions, reminiscing exercises, word games, and memory building exercise.

Breakfast is the most important meal of the day; this program could be the most important exercise for your brain. Come and find out! Call 322-3630 to register.

Comments from past participants:

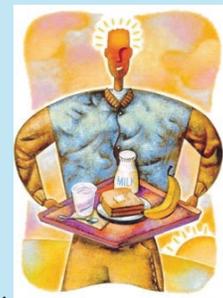
"I have a better idea of what to do to keep my brain sharp."

"Nan was great, enthusiastic, and well prepared. Thank you!"

"Nan is very friendly and upbeat."

"Going to take this again!!"

"I feel confident that I will regularly use some of the techniques taught to challenge my brain..."



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.

2015 EXTENDED TRIPS

Come to our "PREVIEWS"

We are already planning some 2015 trips!

LAS VEGAS!

January 25, 2015—6 days!

TRIP PREVIEW AT SENIOR CENTER

Tuesday—April 15

1:00 p.m.

This will be a great break from winter—especially if we have a repeat of this year!



CLASSICAL ITALY featuring Rome, Florence & Venice

March 19, 2015—12 days!

TRIP PREVIEW AT SENIOR CENTER

Thursday—May 15

9:30 a.m.

Come and hear about this 12 day trip of a lifetime!

We will start taking reservations—with a discount—at these PREVIEW programs with Premier World Discovery. Please pre-register if you plan to attend so we can plan for refreshments and handouts. Flyers with trip details are available in the Travel Office.

"FIDDLER ON THE ROOF"

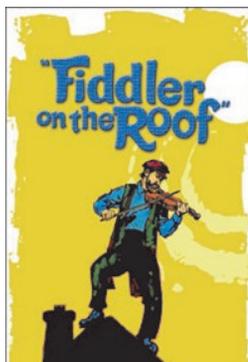
Sunday – May 18

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.



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.

MAGGIE MAE'S BARN DANCE

Thursday – May 29

Oxford, WI

with a stop at Kelley Country Creamery!

Cost: \$72

Join us for a foot-stompin' good time and great food! This has been a favorite trip for our seniors for the last few years. Maggie Mae is warm and welcoming. You'll be sure to enjoy the day—and ending with a stop at Kelley Country Creamery...the perfect way to start summer.



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

"MYSTERY TRIP"

Wednesday – June 11

Cost: \$76

Includes motorcoach, admission tickets, and a delicious lunch!



We would give you the details but then what would be the mystery! Trust us to plan a nice day trip that you will enjoy. Maybe you should not take life so seriously and just take time to stop and smell the roses and *let someone else* plan your day for a change. A Trip Advisor review said this of one of the stops: "You won't be disappointed!"

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

CASINO TRIPS



Ho Chunk Casino in the Dells

THURSDAY, JULY 10 - NO MEAL

At the request of some of our travelers, we are trying to offer a Casino trip without a meal. Sign up soon to be assured this will be held. **COST: \$29**

ESTATE PLANNING SEMINAR

Monday—April 14 1:30 p.m.

All area seniors are welcome to attend a seminar with Attorney JoAnn Gromowski of Mayville and Peggy Smithson, Asset Protection Specialist with Senior Strategies Asset Protection & Estate Planning. Refreshments will be provided and a door prize awarded. Please pre-register one week prior to the seminar so that enough hand-outs and materials will be available. Call 322-3630 to register.

PARKINSON'S DISEASE

Thursday, May 1 10—11 a.m.

Kristina Barrett, Physical Therapist with Aurora Rehabilitation Center, will give a presentation about what Parkinson's disease is, signs and symptoms, and risk factors of the disease. Kristina will also cover how diagnosis is made, what current treatments are available, how to prevent falls, and resources available in Wisconsin.



Kristina has a doctorate in physical therapy and has worked with Parkinson patients for about four years. Please call the Senior Center at 322-3630 to register.

WHEN I'M 65

Thursday—May 15 1:30 p.m.

Julie Hilbert, Benefit Specialist

FDL County Dept. of Senior Services

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns or questions. Call the Senior Center at 322-3630 to register.

EMERGENCY PREPAREDNESS

Tuesday—May 20 11:00 a.m.

Call the Center at 322-3630 to register for this 20 minute presentation that will focus on individual and family emergency preparedness, following the www.ready.gov and American Red Cross message: "Be Informed, Make A Plan, Get A Kit." Why not come for this program and then stay for the Senior Dining Program lunch? Call 929-3937 for a lunch reservation.

FREE TAX ASSISTANCE

Tax appointments are now being scheduled on a "cancellation waiting list" basis. Call 322-3630 for info.



The Senior Wellness Coalition invites you to "Senior Housing Options," a series of informational programs at the Senior Center, specifically covering Fond du Lac housing/living for seniors, from aging in place in your own home to making a move—exploring all of the possible options.

BOOTHS will open at **9:00 a.m.** giving seniors the opportunity to speak with representatives from many facilities. Participants will receive hand-outs and some booths will offer a door prize and sign-up for a personal tour of their facility.

A BRIEF OVERVIEW of the focus for that month will be from **9:30 a.m.—10:00 a.m.** by Sandy Tryon of the ADRC—Aging & Disability Resource Center. Participants will learn about the definition of each housing option, current costs, financial assistance available, and matters you should consider.

INDEPENDENT LIVING OPTIONS

May 9, 2014 9—10:30 a.m.

Booths you can visit in May include:

DeNeveu Creek Retirement Community	Portland Square
St. Peter's Place	Pier House Cottages
Riverside Senior Community	Ashbury Farms
South Lake Cottages	Lake View Estates
Fond du Lac County Housing Authority	...and others!

HEALTH SCREENINGS (optional) for blood pressure and blood sugar will be held from 9—9:30 a.m.

REGISTER TO WIN a \$25 gift card in a door prize drawing each month. Need not be present to win.

PRE-REGISTRATION is needed for planning for hand-outs, refreshments, and seating. Call 322-3630 to register. This is a free event and open to area seniors and their families.

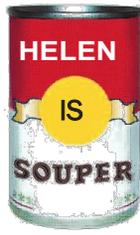
THE MAY NEWSLETTER will have more information about these SENIOR HOUSING OPTIONS seminars:

May 9	Independent Living Options
June 13	In Home Services Options
July 11	Assisted Living Options
August 8	Nursing Home Options

NEWS & NOTES

OVER 3,000 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Thank you for dropping your donations in the large soup pots at the Center entrances. Because the Salvation Army helps feed almost 400 families each month, these donations have been deeply appreciated, especially during our extremely cold winter months. **SPECIAL THANKS** to Helen Aschenbrenner for coordinating the delivery of donations!



LET'S DO LUNCH!

Senior Dining



Fellowship, Food & Fun

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. Registration for lunch 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

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ARTIST OF THE MONTH

April: Fran Schmid

May: Pat Kaiser

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**—sign up at the front desk.

SENIOR DINING

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



April 1

April 8

April 15

April 22

April 29

Blanck's—Johnsburg

Holiday Inn

Applebee's

Parnell's—OshkosH

Blanck's Lake Aire— Lakeshore Drive

OPEN TO ANYONE
55 AND OLDER

GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

SENIOR GOLF NEWS

LPGC: Ladies Playful Golf Club

Oakgreen Par 3 Golf Course in North Fond du Lac

ORGANIZATIONAL MEETING: Monday, May 5

8:45 a.m. meeting and 9:30 a.m. tee time

following the meeting at Oakgreen on May 5th

ANNUAL \$5 FEE TO JOIN CLUB

Play will be Mondays & Wednesdays at 9:30 a.m. at
Oakgreen Golf Course from May 5 thru August 27.

Please register & pay at the Senior Center by April 30th.

GOLF LESSONS with Jeff Kemp

Thursday Afternoons in May

May 1, 8, 15, 22, at 1:00 p.m.

Oakgreen Par 3 Golf Course



COST: \$30 Includes Bucket of Balls,
Instruction & 9 Holes of Golf Each Week

Pay at the Senior Center when you register.

Friends membership is required to participate.

SPACE IS LIMITED ~ REGISTER EARLY!

MEN'S GOLF LEAGUE

Early May through Early September

Whispering Springs Golf Course

INFORMATIONAL MEETING

Friday—April 4 at 9 a.m.

at the Senior Center

This May to September handicap men's league is made up of 2-man teams with an 8 a.m. tee time. In the past the league ran on Thursday mornings, but that may change for 2014. This organizational meeting will discuss this and other details of the league. It will be held at the Senior Center in the Main Activity Room. If you can't attend the meeting, but would still like to join the league, you should call Mike Meyer right away. If you have questions about the meeting or the golf league, contact Mike Meyer at 922-6737.

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE

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

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

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 class

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
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3

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

103-490-30629	M, T, W	May 5, 6, 7	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

COMPUTER BASICS 4

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

103-491-30630	M, T, W	May 12, 13, 14	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3.

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.

PINTEREST

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

103-669-31021	Wednesday	May 7	1 time	1:00—3:00 p.m.	2 hours	JoAnne Smith	\$11.58	\$14.10
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Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse pinboards and get inspiration from others who share your interests.

CONNECTING ON FACEBOOK

103-679-30646	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.

APRIL MOVIE

“FREEDOM WRITERS”

Thursday—April 24, 2014

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

APRIL 24 MENU: orange glazed chicken breast, baby red potatoes, tossed salad, plum halves, apple pie, dinner roll, and milk

12:30 p.m. Movie: “FREEDOM WRITERS”

A young teacher inspires her class of at-risk students to learn tolerance, apply themselves, and pursue education beyond high school.

2007 movie; Biography/Crime/Drama; 7.5/10 Stars; 123 minutes

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 County 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 free movie rentals.

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 CLASSES

Tuesday AM & PM See page 17

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): Rienzi Cemetery
1st Tuesday (even months): Hospice Advantage
2nd Tuesday: Comfort Keepers
3rd Tuesday (odd months): ResCare HomeCare
3rd Tuesday (even months): Lake View Estates
4th Tuesday (odd months): Shepherd Law Office
4th Tuesday (even months): Riverside Sr. Apts.
5th Tuesday: Right at Home

BOOK CLUB

3rd Monday at 9:30 a.m.

April 21: A Week in Winter by Maeve Binchy

May 19: First Call From Heaven by Mitch Albom

June 16: Killing Jesus by Bill O'Reilly

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.

CHORUS

Red Hat Honeys & Singing Classes are available—call 322-3630 for info

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.

Call Gerry Krebsbach 921-9509 for info.

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)

Call for info 322-3630

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.

RED HAT HONEYS

Various activities include a Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues and a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

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, April 3, at noon

Rolling Meadows Restaurant

Thursday, May 1—Boda's

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, April 12 (early due to Easter)

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

Blanck's Lake Aire Supper 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

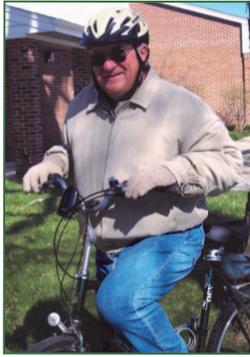
Fridays at 1:00 p.m.

The Memories Writers meets to share and preserve life experiences and family history. New members welcome!

HEALTH & WELLNESS

BIKE RIDES ARE BACK!

Tune up that bike and get ready for the first ride of the season. On Wednesday, April 9, meet the gang at 10 a.m. at the Lake DeNevue Shelter at Lakeside Park. From there you'll ride to the County Garage and return along the east branch of the Fond du Lac River. The ride will be 8-10 miles and totally on pavement. Please call 322-3630 to register. 50¢ donation. Bring water and money for lunch at A&W Restaurant. For cancellations on ride day, call Caroline Dilling at 922-3561.



TAI CHI SESSION RUNS MAY 13—July 1



This new 8-week session will start on May 13 and end on July 1. Classes meet **Tuesday mornings 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 about this new May 13th session, please call 322-3630.

shoes. Friends Membership is required. For more information about this new May 13th session, please call 322-3630.



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. No need to register, just come. It consists of a mile walk with warm up and cool down exercises for a good workout.

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*



OTHER EXERCISE

HikersTuesday & Thursday mornings

Line DancingSee Classes on page

Beginning Dance Mondays; 7 p.m. \$5/session

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 \$5walk ins; Call 920-606-9078 for info.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Heartland Hospice

Friday, April 11; 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, April 11 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, May 13; 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, April 3, 10, 17, 24

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, April 11; 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, April 15; 10 a.m.—4 p.m. (NOTE date change!)

Usually 4th Tuesday of the month—changed in April due to Easter

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, May 13; 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, April 24; 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, April 15; 4:00—5:00 p.m. (3rd Tuesday of the month)

Aurora Health Care Center, 210 American Drive ~ American Room

Tuesday, April 8; 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

Tuesday, May 20; 6:30—7:30 p.m.

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

PARKINSON'S SUPPORT GROUP

Monday, April 14; 10:00—11:00 a.m. (2nd Monday of the month)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

Tuesday, April 15; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS



LOOK GOOD...FEEL BETTER Wednesday, April 9 10 a.m. — Noon

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program. [Advance registration is required](#). Please call the American Cancer Society toll free at 1-800-227-2345.



SENIOR WELLNESS MORNING Friday, April 11 9 — 11 a.m.

HEALTH SCREENINGS: 9—10 a.m.
Blood Pressure
Blood Sugar (fast required)
Hearing Screening

VENDOR BOOTHS: 9—10 a.m.

Senior Services, Harbor Haven Health & Rehabilitation, Wink Chiropractic, Living Well with Chronic Conditions, Kindred Hearts, Comfort Keepers, Country Doctor, Lutheran Services & Total Wellness Center.

SPEAKER: Chaplain Dean Desilet 10 a.m.
Chaplain Desilet of Lutheran Homes and Health Services will explore the Spiritual Dimension of Wellness. Learn practical insights for overall good health.

COPING WITH GRIEF Thursday, April 3 10—11 a.m.

Staci Salzmann, Bereavement Counselor with Agnesian HealthCare's Bereavement Center and Grief Relief, will address these issues:

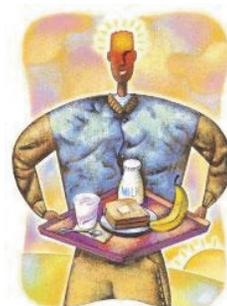


- What is grief?
- 5 Tasks of grieving
- Myths about grief
- How to support someone who is grieving
- How to take care of yourself while grieving

To register to attend this informative program, please call the Senior Center at 322-3630.

BREAKFAST FOR THE BRAIN April 15—May 6

Use it or lose it . . . Improve your brain's health! Like your muscles your brain needs regular workouts to stay healthy and fit as you age. Breakfast for the Brain is a fun interactive wellness workshop for active adults like you. Mark your calendar for **April 15, 22, 25, 29, May 2 and May 6** from **10—11:30 a.m.** The cost is \$15 and the program is limited to the first 16 seniors to sign up.



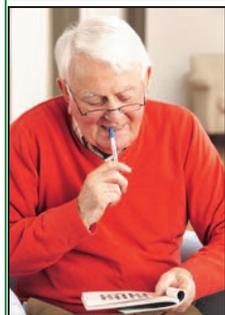
Location: Fond du Lac Lutheran Home Atrium, 244 N. Macy Street. Nan Baumgartner, retired Extension Educator, is the facilitator. Please come to the Senior Center and pay the fee, to reserve your spot.

Would You Like to Be a Friendly Visitor?

The Senior Outreach Program is seeking seniors to visit other seniors. For more information call Jean at 322-3636.
Informational Meeting: Thursday, May 8 10 a.m.

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit **St. Peter's Place**, 50 E. First Street, **Tuesday, April 22**, 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.

SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, April 3**, from **9 — 11 a.m.** At 9 a.m. we will meet to submit reports, share concerns, and encourage each other. At **10 a.m.** Staci Salzmann will be joining us to share on **Coping with Grief**. Staci is a Bereavement Counselor at Agnesian HealthCare's Bereavement Center. Her presentation will cover how to take care of yourself when you are grieving and how to support someone who is grieving.

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

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 Tuesdays from 9:30 a.m.—NOON
(April 8 due to Tax Aid Program and activities being moved—
otherwise 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
16 Julie Hilbert can be reached at 929-3521.

BE INFORMED

SENIOR CITIZEN ADVISORY BOARD

- **2 openings for Friends-elected**
- **1 opening for City Council-appointed**

Nominations for a Friends representative to serve on the Senior Citizen Advisory Committee (SCAC) will be accepted April 7 – 11, 2014. An election will be held April 21–25 at the Center. SCAC members represent senior citizens in the community, be aware of their concerns, make recommendations, and serve in an advisory capacity to the Senior Center. There is a **Fond du Lac residency requirement** and meetings are held at 8:30 a.m. on the 3rd Friday of the month. The term begins May 16, 2014. If interested in running for this Committee, please pick up an application from Dottie at the Senior Center by April 1. There is also an opening for a City Council-appointed member.

Vote at the front desk April 21–25.

AARP MEETING Thursday, April 17 ~ 1:30 p.m.

Guest Speaker: Louise Gudex

FDL County Housing Authority

AARP meetings are held at the Senior Center every **3rd Thursday** of the month at **1:30 p.m.** are served. Open to the public!

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
April 8, 15, 22, 29, May 6, 13				
Oil Painting	Tuesday	10 am–noon	4	\$15
April 15, 22, 29, May 6				
		May 13, 20, 27, June 3		
Drawing & Watercolor	Tuesday	1–3 pm	4	\$15
April 15, 22, 29, May 6				
Mixed Media Art	Tuesday	3–4:30 pm	4	\$10
April 15, 22, 29, May 6				
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
April 3, 10, 17, 24				
		May 8, 15, 22, 29		
Beg. Country Line Dance	Saturday	10–11:30 am	3	\$7.50
April 5, 12, 19				
		May 10, 17, 24		

CARD MAKING CLASS with Jana Secord 2nd Tuesday of each month

Next class: Tuesday, April 8

3 sessions to choose from:

3:15–4:45 p.m., 5:15–6:45 p.m. or 7–8:30 p.m.

Make three beautiful 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 stampinjana@charter.net

SCRAPBOOK CROP

Kim Stern will hold a Scrapbooking Crop at the Senior Center on Saturday, July 26th. **MARK YOUR CALENDAR!**



BEADING CLASS with Lin Hillman

Wednesday, June 4 10 a.m.—Noon

Lin Hillman, Dottie's sister-in-law from the Seattle, Washington area will teach a beginning beading class. Make a beautiful necklace and matching bracelet with your choice of beads. All beads, supplies, and tools will be furnished. Pre-registration is needed by Friday, May 16. The cost for the class and jewelry is \$10. Call the Center at 322-3630 to register. Please pay before the class date.

SING INTO WELLNESS

**New SINGING CLASS begins April 8 through May 6
TUESDAY 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.

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



MPTC CLASSES THIS SPRING

Recreational classes offered at the Senior Center:

QUILTING TECHNIQUES FOR PROFIT

Learn a variety of techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual projects.

Instructor: Beth Herriges

Cost for the 2-week session:

Age 62 or over—\$4.00; Under 62—\$22.34

Course #: 301-413-31695

Dates: Thursday—May 1 & May 8

Time: 1–4 p.m.



BEGINNING YOGA

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Please bring a yoga mat or blanket.

Instructor: Jeanie McDowell

Cost for the 6-week session:

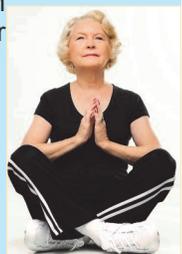
Age 62 or over—\$41.88 Under 62—\$54.50

Course #: 807-600-31249

Dates: Thursdays

April 3, 10, 17, 24, May 1, 8

Time: 10:30–11:30 a.m.



Register for these classes at MPTC in person (use the C-1 Main Entrance) or by telephone at 922-8611 (ask for registration desk). You will need the course number when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged.

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies—any age. Those under 50 are considered “Pink Hatters” and wear lavender attire with a pink hat as they are *in training* to become old. Ladies over 50 wear purple with a red hat. ALL ages have fun! The cost to join is \$5 per year and membership to the Friends organization (\$10 annually) is required. A monthly newsletter, *What’s Buzzin*, tells about current activities and is available at the front desk at the Senior Center. Anyone can take a copy—membership is not required to find out what’s happening in the chapter. Find out about monthly outings, luncheons, and fun activities! Pre-registration is required for all chapter activities. Members of the Red Hat Honeys may also be involved in subgroups within the chapter. Current groups include:

- ◆ **Red Hat Honeys Chorus**—meets on Friday mornings and new members welcome! Check out the newsletter for details.
- ◆ **Good Deed Gals**
- ◆ **Umbrella Brigade**
- ◆ **Scrapbookers**
- ◆ **Queens Club**
- ◆ **Community Cares—Touchstone**



CHECK OUT THE AWESOME EVENT APRIL 24th!
YOU WON'T WANT TO MISS IT!

18

THIS ‘n THAT Craft & Gift Shoppe

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

We have reasonably priced Easter baskets
and other Easter and spring gifts!



Volunteer Cashier Loretta Koenigs shows off fun gifts.

Check out all of the great gift ideas!

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 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.

THANK YOU FOR BEING A FRIEND!
We need **317** more members to break our 2013 record of 2,616 Friends members!

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

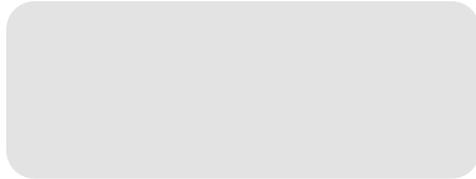


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE
REQUESTED



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

PROGRAM COORDINATOR

Position Open at Time of Printing

MARKETING/FUND COORDINATOR

Position Open at Time of Printing

CENTER CARETAKER

Position Open at Time of Printing

COUNSELOR

Catherine Jones 920-924-5222

FRIENDS BOARD OF DIRECTORS

*Kate Barr
Joanne Bunkelman
Susanne Dennis
Jerry Gordon
Mary Kind
Vickie Michels
Charlotte Nelson
Irv Pea
Ruth Smith*

SENIOR CITIZEN

ADVISORY COMMITTEE

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

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

Wisconsin
Association of
Senior
Centers



MISSION

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

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY