

# Among Friends

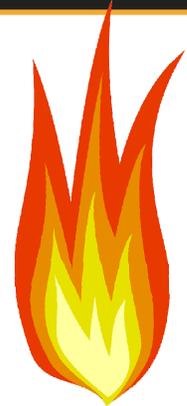


Fond du Lac Senior Center ...*where friends meet!* **JUNE 2014**

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

## **FIRE UP** for the **Friends Annual RAFFLE** & Summer Social at Lakeside Park!

Wednesday—August 27, 2014  
1—2:30 p.m. at Lakeside Park Pavilion



Last year we had a total of **2,616 Friends members**, including 352 new members, and we've added another 200+ this year. All of our members may not be aware of this Annual Raffle and the importance of this HOT fundraiser. The hope is for Friends members to **raise at least \$10,000** with the sale of raffle tickets—which are \$1 each or 6 for \$5. These tickets are sold all summer, right up until the drawing which is held Wednesday, August 27, at 2 p.m. at Lakeside Park Pavilion. The Summer Social is from 1—2 p.m. and then the drawing is at 2. You do not need to be present to win. ANYONE can enter the drawing!

The raffle drawing will be a FUN EVENT for all ages—so mark your calendar now. Pre-registration will be *required* for the cool treats. In the meantime, GEAR UP by stopping by the Senior Center with your tickets (included in this newsletter for those who have it mailed) and donation for your chance to **win \$500 in cash** (thanks to JF Ahern!) and many, many other great prizes. But most of all, you will be supporting the operation, activities, and services offered at the Fond du Lac Senior Center. **Thank you for the continued support from our Friends, volunteers, and the community as you help us to...**



## **FIRE UP!**



*...and also cool down!*

Watch the July & August newsletters to find out about the FIRE ENGINE & COOL TREATS at the Summer Social!

# WELCOME TO THE FOND DU LAC SENIOR CENTER



# JUNE

# 2014

A Free Monthly Publication  
Vol. 5 • No. 6

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### Fond du Lac Senior Center

151 E. 1st St.  
Fond du Lac, Wisconsin 54935  
Phone ..... (920)322-3630  
Email..... dwinkelmenn@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.



## BRAT FRY FUNDRAISER—THANK YOU!!

Thank you to everyone who helped make the BRAT FUND fundraiser such a great success. It takes so many people to put this together—starting with Rosemary Schorse making a million phone calls! There are too many people to list everyone who helped, but please know that it would not have been possible without your time and dedication. THANK YOU! Also, thanks to those who came to eat brats and burgers....and to our SPONSORS!

## SUMMER REMINDER...*Bring a sweater with you*

Sometimes it feels extra cool in the Senior Center compared to the hot temperature outside. Just a little reminder to **please bring a sweater with you** when you come for activities this summer. We try to keep the room temperatures comfortable, but *as hard as we try we cannot please everyone* – especially when some people come in long sleeves and pants and others come wearing shorts with a sleeveless top and sandals. Please remember to **dress for air conditioning**, not the weather outside. **It's best if you dress in layers.**



## RAFFLE TICKET SALES ARE UNDERWAY



Will YOU be this year's  
**BIG \$500 WINNER?**

**OVER \$3000**

**in CASH and PRIZES to be awarded!**



*Watch the July newsletter for a listing of raffle prizes. See the insert for tickets and information on how you could win \$50 by selling the most tickets (we'll have 2 winners). The drawing will be held on Wednesday, August 27, 2014, at 2 p.m. at the summer social to be held at Lakeside Park Pavilion. Find out more about this event in the July newsletter.*

**Your support will make this a success!**

# SPECIAL PROGRAM

Sponsored by Fond du Lac County Department of Senior Services & All About Life Rehabilitation Center



## Living Well with Chronic Conditions

Tuesdays: July 1 to August 5  
1:00–3:30 p.m.

Aging & Disability Resource Center  
50 N. Portland Street, Fond du Lac

If you have conditions such as arthritis, high blood pressure, heart disease, chronic pain or anxiety, the Living Well Workshop can help you take charge of your life. Get the support you need, find practical ways to deal with pain & fatigue, discover better nutrition and exercise choices, understand new treatment options, and learn more effective ways to talk to your doctor and family.

Don't miss this workshop sponsored once a year by Fond du Lac County Senior Services & All About Life Rehabilitation Center. This six-week series will be held on Tuesdays July 1 – August 5, from 1:00 – 3:30 p.m. at the ADRC, 50 N. Portland Street, Fond du Lac. Attendance at all six sessions is recommended. There is no charge. For questions or to register, contact Marion at 929-3114.

**IMPORTANT INFO REGARDING “STEPPING ON” CLASSES ON PAGE 15.**

### Newsletter Crew

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

### Newsletter Deadline

The deadline to submit something for the July *Among Friends* newsletter is Friday, June 6. Please submit information to Joan Brezinsky.

### Up-to-Date Information

Tune in to KFIZ-AM 1450  
Monday mornings from  
9:10–9:25 a.m. 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.

# INTERGENERATIONAL PROGRAMS

## SIDEWALK ARTIST PROGRAM

Thursday, June 19 2:30 p.m.

Held at Fond du Lac Lutheran Homes & Health Services

Rain date: June 25

Explore your artistic side and unleash your inner child decorating the sidewalks around the Fond du Lac Lutheran Home with your grandchildren, while residents watch. Draw smiley faces, rainbows, flowers, or whatever you want! Sidewalk chalk and a treat will be



provided. Call the Senior Center at 322-3630 to register before Thursday, June 12. Open to both **children AND adults!** No art experience is needed....



## CANDY BAR BINGO

Thursday, June 26 from 2–3 p.m.

This is a FREE Intergenerational *annual* event that has become popular with **kids and seniors** alike. It is open to all seniors and their grandchildren, great-grandchildren, or any other special youngsters. Seniors can also come without bringing children, but children must be accompanied by an adult. We'll have all sizes of candy bars as prizes for an hour of **sweet fun**. Call the Senior Center at 322-3630 by Monday, June 16, to attend. For planning purposes, please indicate how many children you will be bringing.

## BELL BINGO

Thursday, July 24 from 2–3 p.m.



Area **seniors & children** of all ages are welcome to participate in a fun bingo using BELLS to signal that you have a "Bingo!" The bells are from the bell collection of Senior Center Director Dottie Winkelmann's mother. If you have a special bell, bring that along to ring. Please register by calling the Senior Center at 322-3630. This is a free event. Pre-registration is needed to plan refreshments and seating.

## Storytime

JUNE 11th—JULY 11th—AUGUST 11th

Bring your grandchildren, nieces, nephews, neighbors, or friends for an hour of fun. Jen Winkelmann will read stories and lead the children in a craft or other activity. A snack related to the theme of the day will be served. Call 322-3630 to register for one or all of the Storytime dates this summer.

**Space is limited** so you might want to get this on your calendar right away. If you need to cancel, please call the Senior Center because there will be waiting lists. There is no charge for Storytime, but donations would be happily accepted. This is sponsored by the Friends of the Fond du Lac Senior Center.

If you would be willing to help with the crafts, please contact Cathy Halfmann, Program Coordinator, at 322-3633.

## ZOO MANIA

Wednesday, June 11

2–3:00 p.m.



Pick up a flyer for details!

Bring a stuffed animal and we'll create a ZOO of our own! Hear stories about animals and someone will go home with a new zoo animal & treats for all.

## MUSTACHE BASH

Friday, July 11

2–3:00 p.m.

Who would have thought that a mustache could be so much fun! Wear a 'stash if you dare—or we'll have some to share. Fun activities, stories & treat.

## HAPPY CAMPERS

Monday, August 11

2–3:00 p.m.



We will sit around the campfire and listen to camping stories. Today will feature an awesome treat and a fun door prize.

Watch the July newsletter for information about the movie "FROZEN" to be shown on Friday, August 22. Mark your calendar because the "frozen" treats that we will have, will definitely beat the heat!

# LEARNING & SUMMER FUN

## BAGELS WITH BEN

Tuesday, June 10

9:00 a.m.

Hosted by: Ben Baertschy, Financial Advisor  
Have a bagel and chat with Ben, from Edward Jones Investments, and a guest speaker about investments, strategies and market updates. Ben will also be available to answer any questions you may have on any investment topic. Free to attend.

**Guest:** Nicole Pretzel-Holahan  
from Oppenheimer Funds

**Topic:** Market Update

## EMERALD ASH BORER

Friday, June 27

9:00 a.m.

Learn how this insect affects trees, how to protect your trees, and what to do if your trees are infested. This program will be presented by Jordan Skiff, Director of Public Works for the City of Fond du Lac. Bring your questions! Please call the Senior Center at 322-3630 to register by Tuesday, June 17.



## DRIVER SAFETY CLASS

Tuesday, July 15

8:30 a.m.—12:30 p.m.

This one-day senior driver refresher course consists of all in-class learning with no tests and no driving. The cost is \$15 for AARP members (bring your card); \$20 for non-members. **Pre-registration required by calling 322-3630 by Thursday, July 10.**

### Why Take a Driver Safety Class?

The AARP Driver Safety Program has helped millions of drivers remain safe on today's roads. The program is a refresher that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

- Tune up your driving skills; Update your rules of the road knowledge
- Learn about normal age-related physical changes and how to adjust your driving to allow for these changes
- Reduce your traffic violations, crashes, and chances for injuries
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your provider.

## LAKE WINNEBAGO BOAT RIDE

Wednesday, July 23

1:00 p.m. sharp!

**Get ready for a boat ride  
on Lake Winnebago!**



Karin Whealon of the FDL Yacht Club has offered to organize boats for a relaxing boat ride. **We will meet at the Yacht Club** (on the harbor in Lakeside Park) **at 1:00 p.m.** and the boats will be back to dock by 2:30 p.m. The Yacht Club has invited participants to stay for a “make-your-own” banana split treat after the ride.

**YOU MUST REGISTER TO PARTICIPATE.** Please call the Senior Center to register **by Wednesday, July 16**, to participate. You will need to give the following information: your name, your phone number, the number of people you would like to reserve space for on the Senior Center Boat Ride, and your boat preference—sail boat or power boat.

On the day of the boat ride, **\$10.00 per person** will be collected at the Yacht Club and used toward gas for the boats and a donation to the Senior Center. In order to participate, you must be physically stable enough to enter and exit from the boat with very little assistance. It is important to **be on time** as the boats will be boarding promptly at 1:00 p.m.

If the weather is questionable on ride day, call the Senior Center at 322-3630 after 11 a.m. By that time a decision will be made as to whether the boat ride will take place. There is no rain date for the event. Last year's boat ride was cancelled because of bad weather—so let's keep our fingers crossed that the weather will cooperate!

## WHEN I'M 65

Thursday—July 24

10:00 a.m.

Julie Hilbert, Benefit Specialist  
FDL County Department 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 .

# 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.

## **Art Fair on the Square and Betty Lou Cruise**



**Madison, WI**

**Saturday—July 12 \$70**  
**Leave: 8:00 a.m. Home: 5:00 p.m.**

Art Fair on the Square is an annual event held on the Capitol Square in Madison, Wisconsin, USA. The juried event brings together around 500 artists from across America on the second weekend of July.

The **Art Fair Off the Square** is one of two fairs sponsored and produced by the Wisconsin Alliance of Artists and Craftspeople, Inc. (WAAC), an organization to promote and create contact between Wisconsin artists and craftspeople and the public. WAAC takes pride in having been created and operated by the artists themselves. Along with providing a market for exhibitors, they educate the public about art and provide one-to-one interaction between artist and buyer.

Art includes ceramics, fiber (*including Leather*), glass, graphics, (*drawing, printmaking*), jewelry, 2D mixed media, 3D mixed media, painting, photography, sculpture and wood.

Lunch is included on our own private two hour cruise aboard one of the boats with **Betty Lou Cruises** on Lake Monona.

## **UPCOMING DAY TRIPS**

### **Wisconsin State Fair**

Milwaukee

**Wednesday—August 6 \$38**

**Leaving: 9:00 a.m. Home: 7:00 p.m.**  
**Includes entrance to Wisconsin State Park**

### **Wade House & Wreath Factory**

Greenbush

**Tuesday—August 12 \$60**

**Leave: 8:30 a.m. Home: 4:45 p.m.**  
**Lunch at the Osthoff Resort**

### **Frankie Valle Tribute**

Schauer Center, Hartford

**Friday—September 26 \$85**

**Leave: 11:00 a.m. Home: 5:00 p.m.**  
**Lunch at the Mineshaft in Hartford**

All day trips include driver's tip.

**REMINDER:** Motorcoach pick up point has been moved back to **St. Vincent de Paul** parking lot on Peters Avenue.

## **CASINO TRIPS**



### **Ho Chunk Casino in the Dells**

**THURSDAY, JULY 10 — NO MEAL**

**COST \$29**

*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.*

### **North Star Casino**

**Wednesday — August 27**

**COST: \$54**

**Leave: 8:30 a.m. Home: 6:45 p.m.**  
**Dinner at Schwarz's**

### **Overnight at the Island Resort & Casino**

**TUESDAY, OCTOBER 14 — WEDNESDAY, OCTOBER 15**

**Leave: 8:00 a.m. Tuesday**  
**Home: 7:00 p.m. Wednesday**

**COST: \$109**

*Pick up brochure in HT Office*

### **Are you a spur-of-the-minute type of person? Can you drop everything for some fun?**

We are creating a list of people who might be willing to go on a trip at the last minute if there is a cancellation. There is often a waiting list for trips that we use to fill spots, but sometimes we don't have anyone on the list or everyone we call has already made other plans. This is an opportunity to have some spur-of-the-minute fun—and *maybe even at a reduced rate*. Rather than lose all of their money for the trip they can't go on, the traveler may be willing to split the price of the trip. We recently had 2 cancellations for the Washington DC trip that were not filled. This could be a win-win situation. Please stop by the Travel Office and leave your name, address, home phone, cell phone, and email address with staff. We might just call you in July for the "The Kids Left, The Dog Died. Now What?" dinner show on Wednesday, July 16, in Port Washington. The cost is \$70. The trip is full with no waiting list at this time. Let's *hope* everyone can go, but you just never know...

# Senior Summer Games

**Wednesday – July 16, 2014**

**9:00 a.m. – 1:30 p.m.**

**Taylor Park** (Rain date: Thursday, July 17)



A picnic lunch will be offered by the Friends of Taylor Park for **\$7.50** and includes a **brat or burger, potato salad, baked beans, chips, dessert, and beverage**. Pre-register and pay the \$7.50 lunch at the Fond du Lac Senior Center, 151 E. 1<sup>st</sup> St., by Monday, July 7. **NOTE: The lunch is a fundraiser to support Taylor Park.**

Although the games are free for participation, pre-registration for the \$7.50 lunch is required. To help with planning, **pre-register by Monday, July 7**, so that schedules can be arranged and games finalized. Which games would you like to participate in? We'll show you how the games are played. No experience is needed. We'll have prizes for some games and \$25 gift card door prize random drawing for all who attend.

- 9:00 a.m.**            **Check in, get water & healthy snack**
- 9:15 a.m.**            **Welcome**
- 9:30 a.m.**            **Poker Walk with Klement Racing Sausages!** – walk around park at your own pace
- 10–11:00 a.m.**      **Summer Games** – see list below & pre-register by July 7
- KFIZ broadcasting LIVE! during games** – listen to KFIZ 1450AM radio
- Club Olympia demos of fitness opportunities** – free and open to the public
- 10:30 – 11 a.m.**    **Low Impact Water Aerobics Class** – bring your swimming suit for this optional free class
- 11:00 a.m.**            **The Singing Class** – singing students from the FDL Senior Center & Appleton Thompson Center
- 11:30 – Noon**        **Banana Bingo** – try your luck and take your picture with our giant monkey
- Noon–1:00 p.m.**    **Picnic Lunch** – sponsored by Friends of Taylor Park (**must** pre-register by July 7)
- Musical Entertainment by The Rascals** – Senior Center Band
- 1:00–1:30 p.m.**    **Awards & Door Prize Drawing** – \$25 gift card

*Please bring your own lawn chair. There are a limited number of picnic tables.*

Please mail to the Fond du Lac Senior Center or drop off at 151 E. 1<sup>st</sup> Street by Monday, July 7.

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **PHONE** \_\_\_\_\_

- YES**, I will have the picnic lunch: CHOOSE ONE:     Brat **OR**  Burger
- \$7.50 Payment**     Check # \_\_\_\_\_ OR     Cash Date \_\_\_\_\_
- NO THANKS**, I do not want the lunch.

**PLEASE REGISTER ME FOR:**

**Don't forget to bring your lawn chair!**

- Ladder Ball     Bean Bag Toss     Simple Board Games & Cards
- Horseshoes     Poker Walk         Yolf (*we'll teach you; it's simple!*)
- Bingo 11:30 a.m.—Noon
- Low Impact Water Aerobics Class held at the pool from 10:30 – 11:00 a.m.





FOND DU LAC  
**SENIOR HOUSING**  
 OPTIONS

**The Senior Wellness Coalition**  
 invites you to “Senior Housing Options,”  
 a series of informational programs  
 at the Fond du Lac Senior Center.

**“In Home Services Options”**

Friday, June 13, 2014 9:00 – 10:30 a.m.

Fond du Lac Senior Center

151 E. 1<sup>st</sup> Street

322-3630

Register to win  
 a \$25 gift card  
 in a door prize  
 drawing at 10:30

**BOOTHS TO VISIT:**

- ◆ Generations Home Care & Hospice Inc.
- ◆ Comfort Keepers
- ◆ Agnesian Home Care & Hospice
- ◆ Rehab Arisces
- ◆ Hospice Advantage
- ◆ Above & Beyond Care Solutions
- ◆ Home Instead
- ◆ Heartland Hospice
- ◆ ResCare
- ◆ Community Alternatives
- ◆ Clarity Care

8:30—10:00 a.m. Free Hearing Screening by Avada (appointments available)

9:00—10:00 a.m. Free Blood Sugar (fast required) and Blood Pressure Screenings

9:00—10:00 a.m.

- Receive hand-outs
- Speak with representatives from many agencies
- Register for door prizes (drawing at 10:00 before Sandy speaks)

10:00—10:30 a.m. Brief overview on In Home Services Options by Sandy Tryon of ADRC (Aging and Disability Resource Center). Participants will learn about the range of In-home services available, current costs, financial assistance available, and other matters to consider.

*Pre-registration is needed in 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. All ages welcome.*

Future **SENIOR HOUSING OPTIONS** seminars held throughout the summer at the Fond du Lac Senior Center:  
**July 11:** Assisted Living Options    **August 8:** Nursing Home Options

**Senior Wellness Coalition Mission:**

*Joining forces to maximize resources for Fond du Lac area seniors*

## CATHERINE IS HERE TO HELP!

- Are you still blue from our long, cold winter?
- Do you feel the weight of the world on your shoulders?
- Do you have a houseful of “stuff” that is overwhelming?
- Do you think your grief is never....ever going to end?
- Do you watch TV all day long with no other interests?
- Is something “bothering” you but you can’t quite put it into words?
- Do you wish you had a better relationship with someone?
- Has caring for someone increased more than you can hardly handle?
- Do you stay at home day after day, knowing you could come to the Senior Center but you just can’t motivate yourself to get out?
- Do you have a concern that bothers you but it is not listed here?

### Maybe a chat with Catherine Jones at the Senior Center could help.

Counseling may focus on the physical and psychological aspects of aging, loneliness, social issues, trauma, grief and loss, depression, anxiety, caregiver stress, and overuse of addictive substances such as drugs, alcohol, or even gambling. Or, your concern might not be listed here—maybe you should just stop and meet Catherine and see how easy she is to talk to.



**COUNSELING SERVICES AVAILABLE MONDAYS from 8:30 a.m. to 4:30 p.m. 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 Jones, MA, SAC.

## ARTIST OF THE MONTH

### June: Julia Huberty

An “Artist of the Month” is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!



## 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.

### June 3 Blanck's Supper Club

### June 10 Gino's

### June 17 Sebastian's

### June 24 Sunset on the Waters



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

OPEN TO ANYONE  
55 AND OLDER

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

This group is separate from the Senior Center Supper Club (see page 13) but both are fun groups to join. Dine out and make some new friends!

# 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 1

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

103-603-10222	T, W, R	July 15, 16, 17	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

103-485-10224	T, W, R	July 22, 23, 24	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

103-490-10247	T, W, R	July 29, 30, 31	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$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

103-491-20314	T, W, R	Aug 5, 6, 7	3 days	9:00 a.m.—Noon	9 hours	S. Heimermann	\$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

URSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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## SMART VACATION—TRAVEL WISCONSIN

891-600-10199	Wednesday	June 25	1 time	9:00 a.m.—Noon	3 hours	K. Beaman	\$20.40	\$25.70
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Discover wonderful opportunities for affordable, fun and interesting vacations for all ages in our own beautiful state.

## TRAVEL PHOTOGRAPHY

203-612-10158	Thursday	June 19	1 time	9:00 a.m.—Noon	3 hours	J. Gellings	\$19.15	\$24.20
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Explores the use of film and digital cameras in travel photography. Introduces standard methods of picture composition. Examines how to train the eye to see pictures as they appear on film.

## USING CRAIGSLIST

103-603-10160	Tuesday	June 24	1 time	Noon—4:00 p.m.	4 hours	K. 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.

Need a little extra help using Craigslist, Pinterest or Facebook?

Sign up for summer tutoring at the Senior Center—322-3630.

## MPTC SUMMER CLASS

Recreational class offered at the Senior Center:

### QUILTING TECHNIQUES FOR PROFIT

Learn specialized techniques to plan and sew salable quilted projects. Various aspects of small business operation are covered while students work on individual projects such as small patriotic wall hanging or placemats.

**Instructor: Beth Herriges**

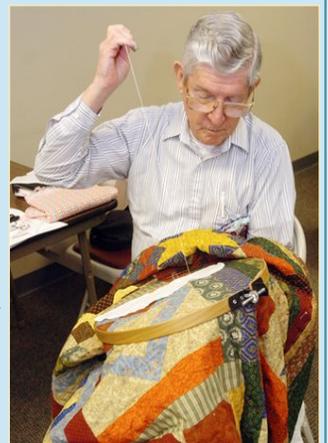
**Cost for the 2-week session: Age 62 or over—\$4.00; Under 62—\$22.34**

**Course #: 301-413-10206**

**Thursday—June 12 & 19**

**1—4 p.m.**

Register for this class at MPTC in person (use the C-1 entrance) or by telephone by calling 922-6811 (ask for registration desk). You will need the course number when you register. Some classes may have limits to the number of students in order to hold the class.



# JUNE MOVIE

## “The Book Thief”

Thursday– June 26, 2014

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

**JUNE 26 MENU:** Chopped Steak in Burgundy Mushroom Sauce, Mashed Potatoes, Spinach Salad, Fruited Gelatin, Dinner Roll, Milk & BROWNIE

**12:30 p.m. Movie: “THE BOOK THIEF”**

**Starring:** Sophie Nélisse, Geoffrey Rush and Emily Watson



While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being sheltered by her adoptive parents.

**2013 movie; Drama/War; 7.6/10 Stars; 2 hours 11 minutes; Rated PG-13**

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 (even months): Comfort Keepers  
2nd Tuesday (odd months): FDL Lutheran Home  
3rd Tuesday (odd months): ResCare HomeCare  
3rd Tuesday (even months): Lake View Place  
4th Tuesday (odd months): Shepherd Law Office  
4th Tuesday (even months): Riverside Sr. Apts.

## BOOK CLUB

3rd Monday at 9:30 a.m.

**June 16** Killing Jesus by Bill O'Reilly

**July 21** Love Anthony by Lisa Genova

**August** No Meeting

**Sept. 15** Ready Player One by Ernest Cline  
(Fond du Lac Reads selection)

**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.

## CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

## CHORUS

Red Hat Honeys & Singing Classes

## COIN CLUB

2nd Tuesday at 6:30 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Gerry Krebsbach 921-9509 for info.

## FLY TYING CLUB

2nd Thursday of month at 1:00 p.m.

## 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, June 5

Sunset on the Water at Noon

Call the Center to pre-register!

## 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.

## TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

## SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Center if attending.

Saturday, June 21

Sunset on the Water

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

## WACKY RACES

4th Tuesday at 3 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

Will resume meetings mid-September

The Memories Writers meets to share and preserve life experiences and family history.

New members welcome!

# HEALTH & WELLNESS

**JUNE BIKE RIDE** Join us on **Wednesday, June 18, at 10 a.m. in the Target parking lot.** We will ride along the Eldorado Marsh to Eldorado or Rosendale depending on trail conditions. Bring money for lunch in Eldorado. Also bring along a water bottle to stay hydrated. This is about a 18 to 20 mile trip on crushed limestone. Please call 322-3630 to register. 50¢ donation. Cancellations on ride day, call Caroline Dilling at 922-3561 by 9 a.m. Rain date: June 25.

**TAI CHI** A new 8-week session will start on July 8 and end on August 26. 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, please call 322-3630.



## 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

**Wednesdays 10:10 – 10:40 a.m.**

Sponsored by **Lutheran Homes and Health Services**

## WALKING CLASS

Walking class meets every Monday afternoon and Thursday afternoon at 3:45 p.m. For comfort, wear walking shoes. 50¢ Donation. No need to register, just come. Join us for this great video class.



## OTHER EXERCISE

**Hikers** ..... Tuesday & Thursday mornings

**Line Dancing** ..Thursdays 6—7:30 p.m.; \$10/ 4 weeks

**Beginning Line Dance** .....Saturday mornings

**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 walk ins; Call 920-606-9078 for information—Zumba may be moving to another location...call to inquire.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Agnesian Home Care

**Friday, June 13; 9—10:00 a.m.** *2nd Friday of the month*

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

**Friday, June 13; 9—10:00 a.m.** *2nd Friday of the month*

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

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab – of Agnesian HealthCare

Lipid Panel + Glucose screening

**Tuesday, November 11;** from 8:30— 11 a.m.

*2nd Tuesday in May, November*

Cost: \$20; Call 322-3630 for appointment. *12-hour fast required*

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

**Thursday, June 5, 12, 19, 26**

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

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, June 13;** 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, June 24;** 10 a.m.—4 p.m.

*Usually 4th Tuesday of the month*

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

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, November 11** from 8:30 — 11 a.m.

*2nd Tuesday in May, November*

Cost: \$40; Call 322-3630 for appointment.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, June 26; 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, June 17; 4:00—5:00 p.m.** *(3rd Tuesday of the month)*

Aurora Health Care Center, 210 American Drive ~ American Room

**Tuesday, June 10; 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

**Picnic—Tuesday, July 15, 5 —7 p.m.**

Fond du Lac County Fairgrounds Park Shelter; Call 322-3636

### PARKINSON'S SUPPORT GROUP

**Monday, June 9; 10:00—11:00 a.m.** *(2nd Monday of the month)*

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER

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

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

# HEALTH & WELLNESS



## SWALLOWING for a LIFETIME

Thursday, June 5  
10—11 a.m.

Many individuals face difficulties in swallowing foods or liquids with ease, called dysphagia. **Kerry Winget, AuD, CCC-SLP/A**, a certified speech language therapist with Agnesian HealthCare, will share information about the normal effects of aging on the swallowing process, and how this can affect swallowing safety in the mouth and throat. Common signs and symptoms of swallowing difficulty will be discussed. Basic exercises to strengthen the swallow and strategies for pill swallowing will be introduced. Kerry has been working with adults in a medical setting for more than 15 years. Her special interest is swallowing disorders and treatment. Please call 322-3630 to register for this program.

## LOOK GOOD...FEEL BETTER

Wednesday, July 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, please tell her about this beneficial program. **Advance registration is required.** Call the American Cancer Society toll free at 1-800-227-2345.



## BIG EVENT!

Friday, June 13  
9—10:30 a.m.

HEALTH SCREENINGS: 9—10 a.m.

- Blood Pressure
- Blood Sugar (fast required)
- Hearing Screening (8:30 to 10 a.m.)

IN HOME SERVICE OPTIONS BOOTHS: 9—10 a.m.

Generations Home Care & Hospice Inc., Comfort Keepers, Agnesian Home Care & Hospice, Rehab Arisces, Hospice Advantage, Above & Beyond Care Solutions, Home Instead, Heartland Hospice, ResCare, Community Alternatives and Clarity Care

SPEAKER: 10—10:30a.m.

**Sandy Tryon, Director of Aging & Disability Resource Center** Sandy will discuss the variety of in home services available and will explain payment options.

**Vendor Drawings at 10 a.m.;** \$25 gift card drawing at 10:30 a.m. Please call 322-3630 to register.



**"STEPPING ON"** Building confidence and reducing falls. An effective program for older adults. **TWO** upcoming sessions:  
**Wednesdays—June 4 to July 16**

**1:30—3:30 p.m.**

**Oakfield Community Center**, 130 N. Main St., Oakfield

**Wednesdays—July 9 to August 20**

**1:30—3:30 p.m.**

**NFDL Community Center**, 280 Garfield, North Fond du Lac  
Call the Aging & Disability Resource Center at 929-3466 to register for either of these FREE sessions.

# SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



## COMMUNITY CARES



Volunteers will visit **Harbor Haven Health & Rehabilitation**, 459 East First Street, on **Tuesday, June 24**, from **1:30 to 2:30 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit residents who have few visitors. New volunteers are paired with an experienced volunteer. A small gift is furnished for the person visited. Volunteers can be any age. New volunteers are welcome. If you would like to participate or have questions, call Jean at 322-3630.

## SENIOR OUTREACH PROGRAM

Outreach Volunteers will meet at the Senior Center on **Thursday, June 5, 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. our speaker will be Kerry Winget, AuD, CCC-SLP/A, a licensed speech language pathologist at St. Agnes Hospital. See detailed program information in article above.

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

- 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**  
**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.

## **OPEN TO ALL AREA SENIORS!**

### **AARP SUMMER PICNIC**

**Wednesday, June 18**

**11:30 a.m. Social**

**Noon Lunch**

**North Fond du Lac Community Center**

The annual AARP Summer Picnic will be held on **Wednesday, June 18**, at the North Fond du Lac Community Center with a catered hot beef & pork sandwich lunch followed by entertainment by Kenny B. The cost is \$10 and forms are available at the Senior Center.

The deadline to register is June 12. This is open to ALL area seniors and you do not have to be a member of AARP. Pick up registration form at the Senior Center.



# 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>				
June 10, 17, 24, and July 1, 8, 15	Tuesday	10–11 am	6	\$25
<b>Oil Painting</b>	Tuesday	10 am–noon		50¢
Looking for new Instructor—until then, come & paint on your own				
<b>Drawing &amp; Watercolor</b>	Tuesday	1–3 pm	6	\$21
Classes have started—stop at Center to see the date for next class				
<b>Mosaic glass, paint, etc.</b>	Tuesday	3–4:30 pm		\$15
June 3, 10, 17, 24				
<b>Open Sewing Lab</b>	Wednesday	3:30–6:30 pm	5	\$15
Sign up any time for next class: October 1, 8, 15, 22, 29				
<b>Country Line Dancing</b>	Thursday	6–7:30 pm	4	\$10
June 5, 12, 19, 26				
<b>Beg. Country Line Dance</b>	Thursday	9–10:30 am	3	\$7.50
June 12, 19, 26 July 10, 17, 24 August 14, 21, 28	<div style="border: 1px solid black; padding: 5px;"> <p><b>NOTE!</b> This has been moved from Saturday mornings to Thursday mornings for the summer.</p> </div>			

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

**Next class: Tuesday, June 10**

All new 2014-15 catalog items/colors will be featured. 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](mailto:stampinjana@charter.net)

## SCRAPBOOK CROPS

Scrapbooking Crops will be held at the Senior Center on **Saturday, July 26**, with Kim Stern and on **Saturday, August 23**, with Colette Jaeger. Crops are open to all ages and are an all-day event. If you are new to scrapbooking, this would be the way to get started! Make new friends and get those photos in keepsake books.



Call Kim Stern at 517-1108 or Colette Jaeger at 602-2486 to register.

## SING INTO WELLNESS

**New SINGING CLASS begins June 10 & ends July 15**

**TUESDAY MORNINGS  
June 10, 17, 24, July 1, 8, 15  
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  
SOME OF THESE STUDENTS WILL BE SINGING AT THE  
SENIOR SUMMER GAMES PICNIC AT TAYLOR PARK ON JULY 16.**

## BOB ROSS PAINTING CLASS

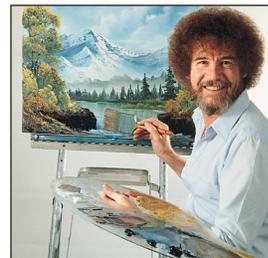
**Saturday, June 28**

**10 a.m.—4 p.m.**

Dorothy Curry, Certified Bob Ross Painting Instructor

**Paintings will be ready to take home by the end of this class.**

**A completed painting in just one afternoon!**



Participants should bring a 16" x 20" canvas (preferably a Bob Ross or Frederick canvas - available at Michael's Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvasses will also be available for a \$10 fee payable to Dorothy on that day (please indicate when you sign up that you would like to purchase a canvas). Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate*. Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. The cost for the class is \$60 and must be paid at the Senior Center front desk at the time of registration. Space is limited to 10 students, so *register as soon as possible*.

**NO art experience needed. Explore your creative side!**

# RED HAT HONEYES

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeyes is open to all ladies—any age. Pick up a "What's Buzzin'" newsletter at the front desk to see details about chapter activities.

## SEEKING NEW QUEEN to reign July– December

If you would like to be our next Queen, please give Dottie a call at 322-3630.

## CHRISTMAS IN JULY

**Monday—July 14 11:15 a.m.** Tour of KFIZ

With lunch to follow at Pizzaville at about 12:30

Bring a Christmas gift with \$5 value. Lunch is Dutch treat.

Hostesses: Judy Warner, Susie Alvarez & Carol Lange

## MEXICAN CHRISTMAS IN JULY

**Tuesday—July 22 11:30 a.m.**

Casa Del Tequila (northeast corner of Peters & Scott)

Wear a sombrero, straw hat, or flower in your hair, & colorful attire.

Hostesses: Vickie Michels & Helen Aschenbrenner

## 50th JUBILEE FOR SR. ANGIE

**Thursday—August 7**

Mass (optional) 11:30 a.m. with lunch to follow

See Red Hat Honeyes newsletter for details and in the 3-ring binder. Let's celebrate with Sister Angie!

Hostesses: Nancy Smet, Sr. Mary Rose Mies,

Sue Tedford, Audrey Mathieu, Donna Charneski

**18**



# THIS 'n THAT

## Craft & Gift Shoppe

**OPEN TO THE PUBLIC**

**Monday—Friday 9 a.m.—4 p.m.**  
*Or by appointment evenings & weekends!*

**Stop in for great gift ideas for Dad!**

We have a nice selection of handmade gifts for Father's Day including wooden birdhouses, hand carved canes, small wood tables, and John Deere aprons.

For the sports enthusiast, check out the display of Packers, Badgers, Brewers and even Chicago Bears gift items.



# 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)
- \$\_\_\_\_\_ 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 **233** 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

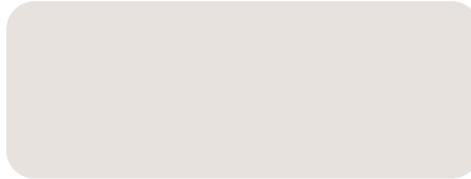
151 E. First Street  
Fond du Lac, WI 54935

NON PROFIT ORG  
U.S. POSTAGE

**PAID**

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

*Cathy Halfmann* 322-3633

#### MARKETING/FUND COORDINATOR

*Joan Brezinsky* 322-3640

#### CENTER CARETAKER

*Bob Rose* 322-3630

#### COUNSELOR

*Catherine Jones* 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

*Kathryn Curran*  
*Ruth Dauterman*  
*Barbara Lukas, Chair*  
*Councilman Gary Miller*  
*Charlotte Nelson*  
*Ross Purcell*  
*Dave Redman*  
*Jaime Roth*  
*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