

Among Friends



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

MAY 2014

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



The Senior Wellness Coalition
invites you to "Senior Housing Options"
...a series of informational programs
held at the Fond du Lac Senior Center
May—June—July—August

SENIOR HOUSING OPTIONS SEMINAR SERIES

Senior Housing Option seminars will be held throughout the summer at the Fond du Lac Senior Center. These free informational seminars are open to area seniors and their families and will feature booths from local businesses and a variety of free health screenings. A \$25 gift certificate will be given away each month. All ages are welcome.

- ◆ **May 9: Independent Living Options** - Visit with representatives from 11 area senior independent living housing facilities and sign up for personal tours. Learn more about this housing option, current costs, financial assistance and other matters you should consider. *See page 8 for more information and how to register.*
- ◆ **June 13: In Home Services Options**
- ◆ **July 11: Assisted Living Options**
- ◆ **August 8: Nursing Home Options**

Watch upcoming newsletters for more information or call us at 322-3630.

Senior Wellness Coalition Mission:
Joining forces to maximize resources for Fond du Lac area seniors

WELCOME TO THE FOND DU LAC SENIOR CENTER



MAY

2014

A Free Monthly Publication
Vol. 5 • No. 5

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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.



FRIENDS MEMBERSHIP COUNT UPDATE

As this newsletter went to printing, the Friends of the Fond du Lac Senior Center has **2,337 members** for 2014! We're on track to reach our goal of topping last year's record 2,616 members, but **we need your help**. If you are not a member, **please consider joining**. If you are already a member, **THANK YOU** and ask your friends and neighbors to support the Center with a membership.



Pick up info regarding activities at the Senior Center from our BRAT FRY SPONSORS!

The SPONSORS LISTED BELOW will hold several brat fry fundraisers in May at Piggly Wiggly to benefit the Friends of the Fond du Lac Senior Center. These sponsoring groups will donate ALL proceeds to the Friends organization to support the operation of the Senior Center. If you would like information about any of the sponsors, come for a brat or burger and also pick up information about that particular group.

SPECIAL THANKS to all of the volunteers who make this fundraiser possible. We couldn't do it without you! What a great group of people!

Buy lunch or dinner at the Piggly Wiggly—in front, east side!

Where: Piggly Wiggly from 10 a.m.–6 p.m.

Brat Fry Sponsors:

- | | |
|-------------------|----------------------------------|
| Friday, May 2: | Senior Wellness Coalition |
| Saturday, May 3: | Book Club |
| Sunday, May 4: | This 'n That Craft & Gift Shoppe |
| Friday, May 9: | Senior Outreach Program |
| Saturday, May 10: | Winnebago Woodworkers |
| Friday, May 16: | Happy Travelers |
| Saturday, May 17: | SCAMP—Senior Center Band |
| Sunday, May 18: | Scrapbooking Clubs |

Your hungry tummy will make this fundraiser a success!

PLEASE JOIN OUR FRIENDS!

New Staff at the Senior Center!

Welcome to three new Senior Center staff members who were hired by the City of Fond du Lac recently to join our team. They each work part-time, 18 hours a week, and have a somewhat flexible schedule depending on special events and projects. Introduce yourself to them and give them a warm welcome.



Joan Brezinsky—Marketing/Fund Development Coordinator—starting in June, will be coordinating the monthly *Among Friends* newsletter, writing press releases, and has plans to get the word out to the community about our wonderful Senior Center. Joan will also head up the fundraisers for the Friends organization. If you have fundraising experience or ideas, she wants to meet you!

Cathy Halfmann—Program Coordinator—jumped right in to finalize current programming that has been on hold. She will be developing some new programs, classes, and special events. If you are willing to help with special events or have an idea you'd like to share, stop by her office.



Bob Rose—Center Caretaker—has the responsibility of taking care of our facility with the upkeep and cleaning. On occasion, Bob will need help moving furniture to strip and wax floors, if you are willing to help, please let him know. We can all help Bob by keeping rooms tidy and taking pride in how our building looks, especially with the changes from our Improvement Project.



Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the June *Among Friends* newsletter is Monday, May 9. Please submit information to Joan Brezinsky.

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. for the Senior Center update.



The One You Depend On

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.

UPCOMING PROGRAMS

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 Fond du Lac Senior Center at 322-3630 to register.

WHEN I'M 65

Thursday—May 15 1:30 p.m.

Thursday—July 24 10:00 a.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 Center at 322-3630 to register for either date (both are the same information).

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. MENU: Lasagna casserole, mixed Italian salad, pear slices, chocolate raspberry torte, French bread, and milk. You must call in your own reservation for lunch separately from registering for this program.

DRIVER SAFETY CLASS

Tuesday—July 15 8:00 a.m.—12:30 p.m.

Call the Center at 322-3630 to register and watch the June & July newsletters for more information. This is our usual class that is held twice a year at the Senior Center.

CarFit to be held at Senior Center this summer...watch for dates!



WATCH THE JUNE NEWSLETTER & LISTEN TO KFIZ ON MONDAY MORNINGS TO FIND OUT SUMMER DATES

Personal mobility is critical to safe driving. As we age, changes in our vision, flexibility, strength, range of motion, and even height, may require vehicle modifications to help us feel more confident and comfortable behind the wheel. The CarFit Program could help. Watch the June newsletter for upcoming dates.

CarFit is a national program designed to give a quick 15 minute comprehensive check on how well an older driver and their vehicle work together. Trained volunteers will review a CarFit check list for a better "fit" for the driver, which will provide the driver with greater comfort and better vehicle control. Pre-registration for the **15 minute appointment** is needed.

This free service is offered at the Fond du Lac Senior Center and is sponsored by the local TRIAD / SALT (Seniors & Law Enforcement Together) group. The CarFit volunteers are seniors and TRIAD members from local senior agencies — NO law enforcement officers are involved in the CarFit program.

EXHIBIT AT THE COUNTY FAIR!

Friday—May 23 2:30—3:00 p.m.

Susan Buechel of the Fond du Lac County Fair will come to the Senior Center to share information for anyone who might be interested in exhibiting projects at the Fond du Lac County Fair in July. She hopes some of our seniors would like to show off their work. Some of the categories include woodworking, woodcarving, knitting and other handiwork, painting and other arts. Come and hear how you can exhibit your talents and possibly WIN CA\$H and awards.



NEW FLY TYING CLUB

Thursday—May 29 1:00 p.m.



Tom Conley and friends have been teaching seniors fly tying techniques for the past several months at the Senior Center. The group has decided to meet on a regular basis. Starting in June, the group will meet on the **2nd Thursday of every month** at 1 p.m. at the Senior Center....or maybe they will even do a little fishing in the summer or early fall. For more information, call Tom at 960-9459 or register at the front desk to attend. New participants are definitely welcome!

PLAN AHEAD FOR THESE PICNICS!

AARP ANNUAL Summer Picnic

Wednesday, June 18

11:30 a.m. Social

12:00 p.m. Luncheon

Followed by Musical Entertainment by Kenny B

NOTE THAT THE PICNIC IS ON A
WEDNESDAY, NOT THE USUAL
THURSDAY!



**North Fond du Lac
Community Center**

280 Garfield Street
North Fond du Lac

**Cost: \$10.00
per person**

**Make check
payable to:**

AARP Chapter 614

Menu:

Catered by Entrees on Trays
Hot Beef & Pork Sandwiches
Baked Beans
Potato Salad
Dessert & Beverage

Fill out the registration form below and drop off with payment at the
FDL Senior Center, 151 E. First St. or mail to: Ardie Zarlino,
N7949 Lakeshore Drive, Fond du Lac, WI 54937

DEADLINE TO REGISTER: Thursday—June 12, 2014

Join us for a fun afternoon!

- DOOR PRIZES
- RAFFLE
- GREAT FOOD
- ENTERTAINMENT BY KENNY B

EVERYONE'S INVITED—ALL ARE WELCOME!

THIS EVENT IS SPONSORED BY AARP CHAPTER 614

✓ **Yes! I (We) will be attending the AARP Summer Picnic!**

NAME(S) _____

ADDRESS _____

PHONE _____ AMOUNT ENCLOSED _____



ALL SENIORS WELCOME!

SENIOR SUMMER GAMES & PICNIC

Sponsored by the Senior Wellness Coalition

**Wednesday—July 16
9 a.m. to 2 p.m.
Taylor Park**

Get out and enjoy the summer weather!

JOIN US for the 3rd annual Senior Summer Games & Picnic at Taylor Park. There are a variety of activities—which will be detailed in the June newsletter or stop and pick up the registration form at the Senior Center.

THE EVENT STARTS WITH A LEISURELY WALK AROUND THE PARK
(OPTIONAL, OF COURSE!)

KFIZ BROADCASTING LIVE FROM THE PARK

YARD GAMES
CARD GAMES
WATER EXERCISE

BANANA BINGO & MORE!

PICNIC LUNCH—SPONSORED BY FRIENDS OF TAYLOR PARK

WE'LL END THE AFTERNOON WITH MUSICAL ENTERTAINMENT

**Pre-registration is needed in order to attend.
Deadline to register: Thursday, July 3, 2014.**



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 TRIP PREVIEW

Come to our "PREVIEW"

We are already planning 2015 trips!

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 take reservations—with a discount—at this PREVIEW program 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.

Art 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



Fond du Lac Senior Center presents
Las Vegas & Death Valley Discovery
 featuring Hoover Dam & 5 Nights in Las Vegas

PREMIER
 WORLD DISCOVERY
 Tour Highlights

- 5 Nights in Las Vegas
- Hoover Dam
- Boulder City
- Las Vegas City Tour
- Drive down "The Strip"
- Death Valley National Park
- Scotty's Castle
- Badwater Canyon
- Fremont Street
- Downtown Las Vegas
- Welcome to Las Vegas Sign
- Zion National Park Optional Tour
- Red Rock Canyon Optional Tour

Inclusions

- Roundtrip Airfare - MKE
- 5 Nights First Class Hotel
- 6 Meals: 4-B, 2-D
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Comprehensive Sightseeing
- Baggage Handling
- Hotel Transfers
- Tips & Gratuities for Tour Director & Driver

Accommodations

- 5 Nights Hotel Accommodations
- 5 Nights - Las Vegas, NV Monte Carlo, New York, New York!, Bally's, Tropicana or Luxor

Tour Rates

\$1555 per person double**
\$400 single supplement

**Save \$50--Early Booking Discount
 See the back for details!

6 Days **January 25, 2015**

Day 1: Arrive Las Vegas

Today fly to Las Vegas filled with exciting theme casino-resorts, amazing shopping opportunities, spectacular nearby sightseeing and much more. Upon arrival meet your Tour Director and transfer to your hotel on "the Strip" for a five night stay. Dinner is included tonight at your hotel.
Meal - (D) Overnight: Las Vegas

Day 2: Hoover Dam - Las Vegas Sightseeing

This morning take a short ride southeast of Las Vegas through historic **Boulder City**, founded to house workers during the construction of Hoover Dam and one of only two towns in Nevada where gambling is illegal. Then visit **Hoover Dam**, the highest concrete dam in the Western Hemisphere which backs up enough water in Lake Mead to cover Pennsylvania with a foot of water. At the Visitor's Center learn the fascinating history of the construction of the mighty Hoover Dam before taking an elevator down to explore the Dam. This afternoon experience a **Las Vegas City Tour** with a local guide who will tell Vegas stories from the early days to the Mafia ties to the Rat Pack to today's Vegas with its incredible population and casino resort boom. During the tour visit **Fremont Street** in Downtown Las Vegas, see **Vegas Vick**, the neon cowboy, the **Welcome to Las Vegas Sign**, the new **High Roller**, the largest ferris wheel in the world, and drive by the reality show pawn shop storefront of Pawnstars. Drive down highlight parts of Las Vegas Blvd., "**The Strip**," to see the amazing mega casino resorts like Caesar's Palace, MGM, Venetian, Wynn, Bellagio, Paris and the Cosmopolitan, part of the new City Center Complex, just to name a few. This evening there is plenty to do in Vegas.
Meal - (B) Overnight: Las Vegas

Day 3: Death Valley National Park

This morning travel to **Death Valley National Park**, the largest national park south of Alaska, known for extremes and the lowest elevation on the continent--282 feet below sea level. Visit **Scotty's Castle**, a two-story Mission Revival and

Spanish Colonial Revival style villa located in the Grapevine Mountains of northern Death Valley. Next view **Badwater Canyon**, the lowest spot in North America, at 282 feet below sea level, with a permanent spring-fed pool and interesting salt flats. Early evening arrive back at your resort.
Meal - (B) Overnight: Las Vegas

Day 4: Las Vegas at Leisure or Zion Nat'l Park Optional Tour

Enjoy a free day in Las Vegas shopping, dining, golfing, gambling, sightseeing or lounging by the pool. The ever-changing Las Vegas skyline is sure to entertain and delight you. Maybe choose to join an optional tour to Zion Canyon National Park, one of the nation's oldest and most impressive National Parks. A spectacular combination of multicolored canyons, sheer cliffs, deserts, streams, waterfalls and wild flowers are all part of this magnificent park's backdrop. Tonight is at leisure to dine in one of the city's renowned restaurants or enjoy one of the famous Las Vegas shows.
Meal - (B) Overnight: Las Vegas

Day 5: Las Vegas at Leisure or Red Rock Canyon State Park Optional

Today is at leisure to explore Las Vegas or perhaps relax by the pool, golf or try your luck in the casino. Maybe choose to join an optional tour to Red Rock Canyon State Park offering magnificent views of the pristine Mojave desert landscape, including two natural preserves. The park protects significant paleontology sites and the remains of 1890's-era mining operations. This evening enjoy a **Farewell Dinner** at a popular Las Vegas restaurant with your fellow travelers.
Meals - (B,D) Overnight: Las Vegas

Day 6: Las Vegas - Fly Home

Breakfast is on your own this morning. Today transfer to the Las Vegas Airport for your flight home filled with unforgettable memories of your **Las Vegas & Death Valley Discovery Tour**.

Make your deposit by August 31, 2014 & receive a \$50 per person Early Booking Discount off your final payment.



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

“Independent Living Options”

Friday, May 9, 2014 9:00 – 10:30 a.m.

Fond du Lac Senior Center

151 E. 1st Street

322-3630

Register to win
a \$25 gift card
in a door prize
drawing

BOOTHS TO VISIT:

- ◆ DeNeveu Creek Retirement Community
- ◆ Portland Square
- ◆ St. Peter’s Place
- ◆ Pier House Cottages
- ◆ Riverside Senior Community
- ◆ Ashbury Farms
- ◆ South Lake Cottages
- ◆ Lake View Place
- ◆ Fond du Lac County Housing Authority
- ◆ Brookside Senior Villages
- ◆ St. Clare Terrace

8:30—10:00 a.m. Free Hearing Screening by Avada

9:00—9:30 a.m. Free Blood Sugar (fast required) and Blood Pressure Screenings

9:00—9:30 and 10:00—10:30 a.m.

- Speak with representatives from many facilities
- Receive hand-outs
- Sign-up for a personal tour of their facility

9:30—10:00 a.m. Brief overview on Independent Living Options by Sandy Tryon of ADRC (Aging and Disability Resource Center). Participants will learn about the definition of this housing option, current costs, financial assistance available, and 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:
June 13: In Home Services Options **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

GOLF & OTHER NEWS

LPGC: Ladies Playful Golf Club

Oakgreen Par 3 Golf Course in North Fond du Lac
Recreational Play Starts: Monday, May 5/Wednesday, May 7
REGISTRATION FEE: \$5—pay at the Senior Center

MEN'S GOLF LEAGUE

Whispering Springs Golf Course
League Play Starts: Thursday, May 1 (weather permitting)
REGISTRATION FEE: \$35—pay at the Senior Center

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!

ARTIST OF THE MONTH

May: Pat Kaiser

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.

May 6 Pizza Ville
May 13 Schreiner's
May 20 Schmitt's Oar House
May 27 Colesium



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.

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

103-490-30629	M, T, W	May 5, 6, 7	3 days	9:00 a.m.—Noon	9 hours	JoAnne Smith	\$4.00	\$34.55
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

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
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

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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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.

USING CRAIGSLIST

103-603-31012	Tuesday	May 6	1 time	1:00—5:00 p.m.	4 hours	Karen	\$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.

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.

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

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

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.

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.

TRAVEL PHOTOGRAPHY

203-612-10158	Thursday	June 19	1 time	9:00 a.m.—Noon	3 hours	Jamie 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.

APRIL MOVIE

“THE GUILT TRIP”

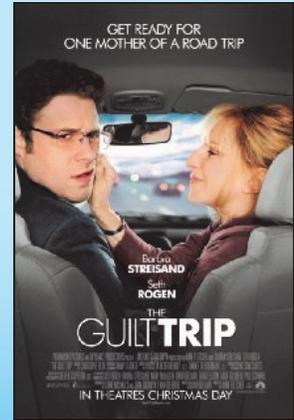
Thursday—May 22, 2014

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

MAY 22 MENU: Swedish meatballs, mashed potatoes, peas/pearl onions, Fruited gelatin, frosted cake, dinner roll, and milk

12:30 p.m. Movie: “THE GUILT TRIP”

Starring: Barbra Streisand, Seth Rogen, Julene Renee



As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her along for the ride.

2012 movie; Comedy; 6.8/10 Stars; 1 hour 35 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: Comfort Keepers
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.
5th Tuesday: Right at Home

BOOK CLUB

3rd Monday at 9:30 a.m.

May 19: First Call From Heaven by Mitch Albom

June 16: Killing Jesus by Bill O'Reilly

Book synopses available at front desk.

New members welcome.

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.

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, May 1—Boda's 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.

STITCHERY CLUB

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

SUPPER CLUB

*Dutch Treat. Everyone welcome!
You MUST call the Center if attending.*

Saturday, May 17

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

Northwinds 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

LET'S GO BIKING!

Join us on Wednesday, May 14, at 10 a.m. at the Fairgrounds Swimming Pool parking lot. From there, bike riders will bike Martin Road to the Prairie Bike Trail to the Peebles stop-and-go lights and back to the Fairgrounds. The ride will be 10-12 miles and totally on pavement. Please call 322-3630 to register. 50¢ donation. Bring water and money for lunch. For cancellations on ride day, please call Caroline Dilling at 922-3561. Rain date is May 21.



June Bike Ride is changed to Wednesday, June 18.

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.

Sponsored by *Lutheran Homes and Health Services*

WALKING CLASS

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



TAI CHI SESSION

A 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, please call 322-3630.



OTHER EXERCISE

Hikers Tuesday & Thursday mornings

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

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

Water ExerciseDaily 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

HEALTH SERVICES

BLOOD PRESSURE TESTING *Note: Time Change*

Sponsored by: Lake View Place

Friday, May 9 from 9—9:30 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING *Note: Time Change*

Sponsored by: Lutheran Homes & Health Services

Friday, May 9 from 9—9:30 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, 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, May 8, 15, 22, 29

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, May 9; 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, May 27; 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, 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, May 22; 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, May 20; 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

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, May 12; 10:00—11:00 a.m. *(2nd Monday of the month)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

Tuesday, May 13; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

HOBB'S WOODS HIKE

Tuesday—May 13

10 a.m. Enjoy the splendor of Mother Nature's beauty!

The Senior Center Hikers are inviting newcomers to join them on a hike at scenic Hobbs Woods. The hike will last about an hour, but you may stop and turn back at any time. There are also benches along the way for resting. If you would like to carpool, meet at the Center at 9:30 a.m. or meet at Hobb's Woods at 10 a.m. If there is questionable weather that day, please call the Senior Center at 322-3630 for info as to whether the hike is cancelled and when it would be rescheduled.



LOOK GOOD...FEEL BETTER

Wednesday, May 14
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. Please call the American Cancer Society toll free at 1-800-227-2345.

BIG EVENT!

Friday, May 9
9 — 10:30 a.m.



HEALTH SCREENINGS: 9—9:30 a.m. NOTE NEW TIME!
Blood Pressure
Blood Sugar (fast required)

HOUSING OPTIONS BOOTHS: 9—10:30 a.m.
DeNeveu Creek Retirement Community, St. Peter's Place, Brookside Senior Village, South Lake Cottages, Portland Square, Pier House Cottages, Riverside Senior Community, St. Clare Terrace, Fond du Lac Housing Authority and Lake View Place

SPEAKER: 9:30—10:00 a.m.

Sandy Tryon, Director of Aging & Disability Resource Center
Sandy will define independent living options and will explain what different definitions of low income are and what is the dollar and cents needed to qualify for assistance.
Please call 322-3630 to register.



Would you like to be a FRIENDLY VISITOR?
Learn More!

Thursday, May 8 10—11 a.m.

The Senior Outreach Program is offering a new option which works around your schedule and what you already do. **Vickie O'Grady**, retired Fond du Lac County Health Nurse, will share ways to make this an enjoyable experience for both of you. To register or for more information, call 322-3630.

SENIOR OUTREACH PROGRAM



COMMUNITY CARES

Volunteers will visit **Lake View Place, 517 Luco Road** on **Tuesday, May 27, 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. 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 322-3630.



SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, May 1, from 9 — 11 a.m.** At 9 a.m. we will meet to meet to submit reports, share concerns, and encourage each other. At **10 a.m.** Kristina Barrett, DPT Physical Therapist, with Aurora Rehabilitation Center, will do a presentation on **Parkinson's Disease**. She will explain what it is and what treatments and resources are currently available for those who have the disease.

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.

SPRING INTO WELLNESS

Wednesday—May 7

9 a.m.—3 p.m.

Forest Mall

Join the fun at Forest Mall on May 7.

TV GAME SHOWS are the theme for this year's annual event for seniors featuring health screenings, fashion show, bingo, and booths with important information for seniors. *PRIZES, TOO!!*

ALL area seniors are welcome!



AARP MEETING Thursday, May 15 ~ 1:30 p.m.

Guest Speaker: Gianna Wachholz-Ehlert
Twohig Funeral Home

AARP meetings are held at the Senior Center on the **3rd Thursday** of the month (some exceptions due to parties & summer) at **1:30 p.m.** Valuable information is shared and delicious desserts are served. Free and open to the public. No registration needed. \$3 to join the local organization—registration is on-going!

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				
Watch for singing classes in the fall				
Oil Painting	Tuesday	10 am—noon	4	\$15
May 13, 20, 27, June 3		May 13, 20, 27, June 3		
Drawing & Watercolor	Tuesday	1—3 pm		
TBD—inquire at front desk				
Mixed Media Art	Tuesday	3—4:30 pm		
TBD—inquire at front desk				
Open Sewing Lab	Wednesday	3:30—6:30 pm	5	\$15
Sign up any time for next class:		October 1, 8, 15, 22, 29		
Country Line Dancing	Thursday	6—7:30 pm	4	\$10
May 1, 8, 15, 22				
Beg. Country Line Dance	Saturday	10—11:30 am	3	\$7.50
May 3, 10, 17, 24				

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

Next class: Tuesday, May 13

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

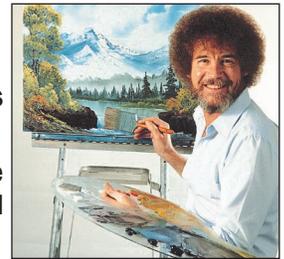
Wednesday, June 4 10 a.m.—Noon

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.

BOB ROSS PAINTING CLASS

**Saturday, May 17
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. Canvases 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!

MPTC SPRING CLASS

Recreational class 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
Thursday—May 1 & May 8
1—4 p.m.

Register for this class at MPTC in person (use the C-1 entrance) or by telephone at 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.



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. The cost to join is \$5 per year and membership to the Friends organization (\$10 annually) is required. Members of the Red Hat Honeys may also be involved in subgroups within the chapter. Current groups include:

- ◆ Red Hat Honeys Chorus
- ◆ Good Deed Gals
- ◆ Umbrella Brigade
- ◆ Scrapbookers
- ◆ Queens Club



MARK YOUR CALENDAR for a special event you won't want to miss...**Sr. Angie Behen** will be honored by Red Hat sisters on **Thursday, August 7**, for her 50th JUBILEE! Details about the event will be in the "What's Buzzin'" Red Hat Honeys newsletter. Congrats, Sr. Angie! We can't wait to celebrate with you!

PICK UP A NEWSLETTER at the front desk to find out about upcoming activities and other Red Hat news.

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THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC

Monday—Friday 9 a.m.—4 p.m.

Or by appointment evenings & weekends!

Check out the new displays in the This 'n That Craft & Gift Shoppe. When 2 local businesses closed, we picked up some new display racks. Shop for Mother's Day and Father's Day gifts—you are sure to find something unique! We also have beautiful baby clothes and doll clothes, too!

We keep hearing this comment:

"Your Craft Shoppe is the best kept secret in Fond du Lac!"

Let's not keep it a secret any more—tell your family and friends that the Shoppe is open to the public!

Beautiful handmade baby sweaters and blankets... at very reasonable prices!



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

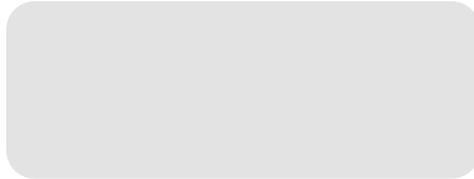


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC 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

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