

Among Friends



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

JUNE 2016

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



Good Old Summertime Social and Raffle Wednesday, August 31; 1:00-2:30

Come be part of the fun and hear first hand who wins our raffle prizes!
Cost to attend is \$3.00 per person.



- ⊗ Doors open at 12:45 p.m.
- ⊗ 1:00–2:00 p.m.: Summer Games
- ⊗ 1:00–2:00 p.m.: SCAMP Band performance
- ⊗ 2:00–2:30 p.m.: Raffle Drawing

Ice cream cups, lemonade, ice tea and water will be served.

Pre-registration with payment is required. Sign up at the Senior Center today!



A Free Monthly Publication
Vol. 7 • 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..... cloomans@fdl.wi.gov
 Hours..... M-F 8:00 a.m.- 4:30 p.m.

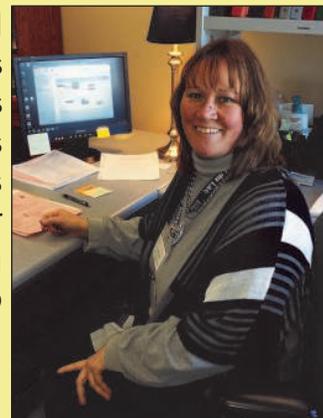
The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at the Center. Visit us online at www.fdlSeniorcenter.com

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.



Did you ever have one of those days? I had one a couple of weeks ago. It was just one of those days where some things didn't go as planned, some tempers flared up, and at the end of the day I was feeling perturbed and disappointed. For the next few days, these situations ran around in my mind and continued to bother me.



A few days later, out of the blue, I received an email from someone that I haven't met yet, talking about some of the positive changes that they feel are taking place at the Center. I can't even explain how much that email meant to me. Over the next several days, every time I would start thinking about the situations of the week before, I would think about that email and try to focus on positive things.

After talking with some friends and comparing different situations, I realized that we are really hard on ourselves! When things don't go right, we play situations over and over in our head and we let them get us down, but it seems like when we do a good job we don't spend nearly as much energy giving ourselves credit or being happy with things. We need to remember to be kind to ourselves!

We also need to remember how much little things can mean to others - that email is the perfect example. The author of the email took time out of their day and I really appreciated it. It probably doesn't seem like a very "big" thing - but it made a big impact.

There is a piece of artwork in our gift shop that says "Enjoy the little things in life, for someday you will realize they were the big things." Little things can definitely have a big impact - we just need to take time to appreciate them.

I challenge you this month to be kind to yourself, to take a few moments to let someone else know that you appreciate them, and to remember to enjoy the little things. Hope to see you at the Center soon!

Cathy

BRAT FRY THANK YOU

Thank you to everyone who helped make the Brat Fry fundraiser a success. It takes so many people to put this together! Special thanks to our brat fry committee, volunteers, and everyone who came out and purchased brats and burgers.



NEW—SCRIP GIFT CARDS NOW AVAILABLE AT THE CENTER!

In addition to Kwik Trip cards, we now sell cards for A&W, Culvers, Festival Foods, Fleet Farm, Gilles, Pick 'n Save (Roundy's), Piggly Wiggly, Schreiner's, Shopko, Subway, Walgreens and Walmart.



When you purchase these gift cards at the Center, we earn 2.5% - 15% of the value of the card. It's a great way to support the Center and it doesn't cost you anything extra. Cash or check only. See page 16 for more details.

Available in Brown Paper Packages Gift Shop Monday-Friday 10 a.m.-4 p.m.; Thursday 10 a.m.-7 p.m., 3rd Saturday of each month.

Newsletter Crew

Editor..... Cathy Loomans
 Coordinator.....Joan Brezinsky
 Mail Crew.....Katie Fischer and
 20+ volunteers!

Newsletter Deadline

The deadline to submit something for the July *Among Friends* newsletter is Wednesday, June 8, 2016. 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.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.



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 Rose Bertram, LLC and Woodbury Financial Services, Inc. are not affiliated entities.

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- Friday Fish Fry
- Wedding Receptions
- Banquets & Dinner Meetings

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 Web www.kchallfdl.com

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 TSchmanski@4LPI.com or (800) 950-9952 x2537

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LHHS
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www.lutheranhomesfonddulac.org

Programs & Activities

AARP Annual Summer Picnic

Thursday, June 9

4:30 p.m. Social, 5:00 p.m. Luncheon

Followed by musical entertainment by The Rascals.



NEW LOCATION:
Fond du Lac Senior Center
 151 E. First Street
 Fond du Lac

Menu:

Catered by Entrees on Trays

Hot Ham & Shredded Turkey Sandwiches,
 Baked Beans, Potato Salad, Fruit Fluff, Brownie
 and Beverage

Cost \$11 per person

Make check payable to: AARP Chapter 614

Fill out the registration form below and drop off with payment at the FDL Senior Center, 151 E. First St., or mail to Charlotte Nelson, 377 Walker Street, Fond du Lac, WI 54935

Deadline to register: Friday, June 3

Door Prizes—Raffle—Great Food—Entertainment

All are Welcome!

This event is sponsored by AARP Chapter 614

YES! I (We) will be attending the AARP Picnic!

Name(s) _____

Address _____

Phone _____ Amount Enclosed _____



Artist of the Month

June: Barbara Oechsner

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 talented artists we have here!

Upcoming Umbrella Brigade Performance



The Red Hatter's Umbrella Brigade will be spreading a little sunshine on:

- Wednesday, June 29; 2:00 p.m. at FDL Lutheran Home

These ladies and their performance will make you smile!

Get your investment questions answered at

BAGELS WITH BEN

Tuesday, June 14; 9:00—10:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies on Tuesday, June 14 from 9—10 a.m. at the Senior Center. Free to attend.



Call 322-3630 to register.

Bagels from The Bagelmeister.

When I'm 65

Thursday, July 7; 1:00 p.m.

Julie Hilbert, Benefit Specialist,
 FDL County Dept. of Senior Services

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



To register, call the Senior Center at 322-3630.

Senior Summer Games

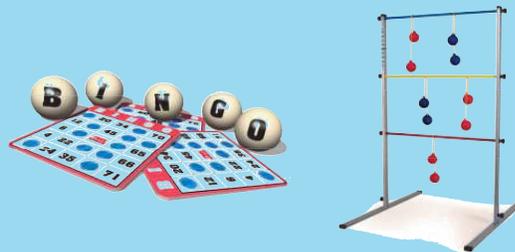
Sponsored by the Fond du Lac Senior Center & Senior Wellness Coalition

All Seniors Welcome!

Wednesday, July 13, 2016

10:00 a.m. – 1:30 p.m.

Taylor Park (Rain date: Friday, July 15)



A picnic lunch will be offered for \$5.00 and includes a brat or burger, baked beans, chips, cookie, and beverage. Pre-register and pay the \$5.00 for lunch at the Fond du Lac Senior Center, 151 E. 1st St., by Friday, July 1.

Although the games are free for participation, pre-registration for the \$5.00 lunch is required. To help with planning, pre-register by Friday, July 1, 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.

- | | |
|-----------------------|--|
| 10:00 a.m. | Check in, get water & healthy snack |
| 10:00–Noon | Summer Games – see list below & pre-register by July 1 |
| 10:30 a.m. | Poker Walk – walk around park at your own pace |
| 11:00 a.m. | Live TV Trivia |
| 11:30 – Noon | Banana Bingo – try your luck |
| Noon–1:00 p.m. | Picnic Lunch (must pre-register by July 1) |
| | Musical Entertainment by The Rascals – Senior Center Band |
| 1:00–1:30 p.m. | Awards & Door Prize Drawing |



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. 1st Street by Friday, July 1.

NAME _____

ADDRESS _____ **PHONE** _____

YES, I will have the picnic lunch: CHOOSE ONE: Brat **OR** Burger

\$5.00 Payment Check # _____ **OR** Cash Date _____ Clerk _____

NO THANKS, I do not want the lunch.

PLEASE REGISTER ME FOR:

- | | | |
|--------------------------------------|--|--|
| <input type="checkbox"/> Ladder Ball | <input type="checkbox"/> Bean Bag Toss | <input type="checkbox"/> Yolf (<i>we'll teach you; it's simple!</i>) |
| <input type="checkbox"/> Washer Game | <input type="checkbox"/> Poker Walk | <input type="checkbox"/> Live TV Trivia |
| <input type="checkbox"/> Horse Races | | |



Programs & Activities

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.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

June 20 *Story of Edgar Sawtelle*
by David Wroblewski

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays at 12:00 p.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

CLOWN TROOP

1st & 4th Wednesdays at 11:00 a.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DOMINOES

Fridays at 1:00 p.m.

DANCES

\$4.00 donation

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

EUCHRE

Mondays at 1:00 p.m.

GERMAN CLUB

(starting up again in September)

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

MODEL RAILROAD

HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues

8-Ball Tuesdays (starting in September)

9-Ball Wednesdays. (starting in September)

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 Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk

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 2: Gino's

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

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Tuesdays at 8:00 a.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.

(except March, July and December)

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Friday, June 17

American Legion, Lomira

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

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

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.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m. (starting up again in September)

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

Mark your calendars for these upcoming crops.

SCRAPBOOK CROPS

Saturday, July 23; 9 a.m.—9 p.m.
Saturday, October 29; 9 a.m.—9 p.m.

For details on these upcoming scrapbook crops or to register, call Kim Wagner at 920-517-1108.



Meet Vicki Wiesner,
Traveler Coordinator Assistant

“I was hired by Friends, Inc. at the end of March as Mary Schneider’s Travel Assistant. For about a year prior to this position, I volunteered in the Happy Travelers office helping with trip sign up, data entry and miscellaneous duties.”

“I am married to Don, we live in the Van Dyne area and have four wonderful children that blessed us with 10 grandchildren. I love nothing more than spending time with those special little miracles that call me ‘Grama’.”

“I am so “happy” to be a part of Happy Travelers and look forward to meeting you all.”

Introducing . . .

Melodies and Memories Choir

2nd Thursday of each month
Beginning Thursday, June 9
3:30– 4:00 p.m.

Singing is good for the soul! This special choir was created for people with mild cognitive impairment or early stages of dementia along with their care partners. Older adults who enjoy singing in a relaxed, friendly environment are also welcome to attend.



Please call the Center at 322-3630 if you would like to join us.

Outdoor Games at the Center!

We will be playing Bocce Ball, Corn Hole, and Washer Box on the grounds of the Senior Center! Form a team or play one-on-one. Come play anytime 9 a.m.—4 p.m. on days the Center is open and the weather cooperates. Call the front desk at 322-3630 to reserve the game equipment.



Wisconsin’s Endangered Species

Friday, June 10
1:00 p.m.



From the Gray Wolf to the Karner Blue Butterfly, discover which endangered species call Wisconsin home. Trina Soyk and Reena Bowman, Fish and Wildlife Biologists with the U.S. Fish and Wildlife Service Division of Ecological

Services, will be here on Friday, June 10 to talk about endangered species in Wisconsin. Learn about the role the U.S. Fish and Wildlife Service plays in protecting endangered species and more about the species that are in need of protection.



To register for this free presentation, call 322-3630.



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 50 and older. Annual membership dues are \$5, plus your Friends membership.



LUNCH by the LAKE

Tuesday, June 7; 11:30 a.m.—3:00 p.m.
TJ’s Harbor Restaurant
(7098 US-45 North)

Join us for lunch by Lake Winnebago at TJ’s Restaurant. We’ll order off the menu—copy in the Red Hat binder. Register by Friday, June 3.

3rd Annual

Mexican Christmas in July

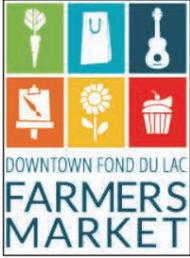
Saturday, July 9; 11:30 a.m.
Casa del Tequila

525 N. Peters Avenue

We’ll order off the menu. Register by Wed., July 7.



Health & Wellness



Downtown Fond du Lac Farmer's Market Wednesday, June 22; 12:45 p.m.



Join us for a tour of the Downtown Farmer's Market. Meet in the lobby of the Senior Center at 12:45 and we'll walk to the market. At the market, you will become acquainted with the market manager, see how to use your debit, credit or food share card, and meet a wide variety of local vendors.

Kya Diehl from Living Well Fond du Lac, and Amanda Miller from UW Extension will lead the tour and answer questions about the market and how to shop, store and cook fresh produce. To register, call 322-3630.

Dementia Care Training

Friday, June 24; 1:00 p.m.

Presenter: Jen Thompson

*Dementia Generalist for Community Members,
Waterford of Oshkosh*



The Waterford at Oshkosh will be at the FDL Senior Center offering dementia care training to community members that want to learn more about dementia and/or how to interact with people with dementia.

This training provides information defining dementia, Wisconsin facts and figures, the effects of dementia, ways to change our perceptions and tips for interacting with people living with dementia. The presentation is intended not only for family and friends of those living with dementia, but also health care providers and crisis response team members. There will be time for a brief question and answer session following the training.

To register for this educational presentation, call the Senior Center at 322-3630.

Introducing . . .

Memory Café

The first Friday of each month held at the Senior Center.

Friday, June 3; 9:00 a.m.

Friday, July 1; 9:00 a.m.



What is a Memory Café?

A Memory Café is a safe, supportive gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementia and their care companions.

Cafés meet once a month in a relaxed environment to visit, share common interests, and enjoy refreshments. Each monthly cafe is unique and offers a program or activity that's stimulating and fun. Activities will be chosen by participants, depending on interests.

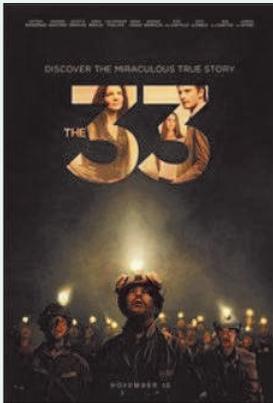
Memory Cafés reduce isolation and unite people facing similar challenges. Getting together regularly with a group of friends brings joy and a sense of normalcy to a life that is often focused on disability. In addition, memory cafés can be a much-needed break from normal routines, a source of information, and a way to build a support network.

No registration necessary, just stop in!

Sponsored in part by:



Programs & Activities - Movie



“The 33”

Thursday, June 9 and Thursday, June 23

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

June 9 Menu: Crispy fish fillet, German potato salad, winter blend vegetable, rainbow sherbet, pear slice, onion rye roll

June 23 Menu: Bratwurst on a bun, cheesy potato bake, California blend vegetable, orange sherbet, honeydew melon

2015 movie; 2 hr 7 mins; PG-13; Starring: Antonio Banderas, Rodrigo Santoro, Juliette Binoche

In 2010, the eyes of the world turned to Chile, where 33 miners had been buried alive by the catastrophic explosion and collapse of a 100-year-old gold and copper mine. Over the next 69 days, an international team worked night and day in a desperate attempt to rescue the trapped men as their families and friends, as well as millions of people globally, waited and watched anxiously for any sign of hope. 200 stories beneath the surface, in the suffocating heat and rising tensions, provisions - and time - were quickly running out.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. **If you register to attend but are unable to come, please call to let us know.**

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

<h3>Southlake and Ashbury Senior Living</h3> <p>~Heat and Water is Included~ ~Ask about our Specials~ Call (920) 948-3313</p> <p><small>EQUAL HOUSING</small> Professionally managed by Premier Real Estate</p>	<p>Winnebago ORAL SURGERY</p> <p>Christopher S. McFarlane DDS Mark J. Ridenour DDS</p> <p>Services provided: Dental Implants Wisdom Tooth Removal IV Sedation • Tooth Removal</p> <p>NEW PATIENTS WELCOME</p> <p>155 N. Rolling Meadows Drive Fond du Lac, WI 54937 (920) 921-5001</p> <p>www.omswinnebago.com</p>	<h3>HELP PROTECT YOUR FAMILY</h3> <p>CALL NOW! 1-888-891-6806</p> <p> ADT AUTHORIZED DEALER</p> <p> HOME SECURITY TEAM</p>
<p>Kurki-Mach Funeral Chapel & Crematory</p> <p>920-921-4420 www.kurkimachfuneralchapel.com</p> <p>Don Kurki, Funeral Director</p>	<p>HARV'S PAINTING</p> <p>Commercial • Residential Interior • Exterior Bams • Metal Homes Wallpapering • Vamishing Staining • Woodgraining High Lift Service • Insured • Free Estimates</p> <p>HARV SCHAUB (920) 324-5718 cell (920) 948-3818</p>	<p>COMING SOON</p> <p><i>the Meadows</i> of Fond du Lac</p> <p>ASSISTED LIVING LIKE YOU'VE NEVER SEEN IT BEFORE</p> <p></p> <p>For more information, contact: Diann Roberts, Program Director (920) 933-8090 www.themeadowssfdl.com</p>
<p>Your Ad Here</p> <p>SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING</p> <p>Contact Tom Schmanski to place an ad today! TSchmanski@4LPi.com or (800) 950-9952 x2537</p>	<p></p> <p>JH CONTROLS</p> <p>Integrity (in teg'rate) n. the quality of being of sound moral principle; honesty, sincerity.</p> <p>www.jhcontrols.com</p> <p>PERFORMANCE • INTEGRITY</p>	<p>Residential Services, Inc.</p> <p>Affordable housing for older adults</p> <p>WE PROVIDE:</p> <ul style="list-style-type: none"> • 24-hour supervision • Caring & trained staff • Community & home activities • Family-oriented home setting • Home-cooked meals • And more... <p>LINCOLN HOUSE: 342 Forest Ave. • FRANKLIN HOUSE: 349 W. 11th St. call 922-7072 <i>Serving the people of Fond du Lac for over 38 years</i></p>

Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!



- **Tuesday mornings 9:00-10:00 a.m.**

Next session: July 26—September 13 \$45

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

For more information, call 322-3630.

Bike Rides

Join us the 2nd Tuesday of the month April—October at 10 a.m.

May's bike ride will be Tuesday, June 14 at 10:00 a.m. Meet in the Target parking lot to ride along the Eldorado Marsh to Rosendale or Eldorado (depending on trail conditions). This trip is about 10-12 miles. Please call 322-3630 to register. 50¢ donation. Bring money for lunch. Cancellations on ride day call Larry at 960-9100. Rain date June 21.



CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.



OTHER EXERCISE

Hikers

Tuesday & Thursday 10 a.m.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.; \$7.50/ 3 weeks

Water Exercise

Daily 8 a.m. at the Aquatic Center,

\$3.75 per session or \$60 for a 20x punch card.



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Hospice Advantage

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

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

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

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, June 10; 9—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment. Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

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

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. *12-hour fast required*

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

Thursday, June 16, 23, 30; July 14, 21, 28

Call 322-3630 for an appointment.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

Tuesday, June 28; 10 a.m.—2 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 8; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, June 23; 6:30—8:00 p.m. *(4th Thursday)*

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

DIABETIC SUPPORT GROUP

Tuesday, June 21; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 American Drive

~ American Room

PARKINSON'S SUPPORT GROUP

Monday, June 13, 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, June 14; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Pneumonia vaccination 2 Step

Thursday, June 30

1:00-1:30 p.m. presentation

1:30-3:00 p.m. vaccinations available

Presented by Joyce Mann, Public Health Nurse

Learn more about the dangers of pneumonia and get immunized at this pneumonia program and vaccination clinic. Prevnar and Pneumovax immunizations will be available (both are covered by Medicare part B insurance).

Call 322-3630 by Monday, June 20 to register for this program and let us know if you'd like to receive the vaccine that day.



Cardio Drumming

Mondays 3-4 p.m.

8 classes for \$24

Give us a try!

Your first class is free!

Purchase a punch card good for 8 classes for \$24.

Call 322-3630 for details!

Balance and Body Movement Class

Fridays at 10:00 a.m.

Beginning Friday, July 1

Retired 2nd degree martial arts instructor, Laurence Lewis, will be leading an ongoing weekly class to help participants improve their balance in a variety of situations, be more aware of their surrounds and help prevent falls. Tips and techniques taught will benefit all fitness levels.



Classes will be held at the Senior Center and are free to attend. Please register for the first class by calling 322-3630.

Dementia Care Training

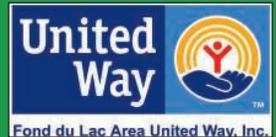
Friday, June 24 at 1:00 p.m.

The Waterford at Oshkosh will be at the FDL Senior Center offering dementia care training for individuals that want to learn more about dementia and/or how to interact with people with dementia. See page 8 for more details.



Senior Outreach Program

Reaching Out - Touching Lives



Do you like to make others smile?

Check out our Outreach Opportunities by calling 322-3641.

Community Cares



Volunteers will visit **Lake View Place, 517 Luco Road, Fond du Lac, Tuesday, June 28, 2:00 to 3:00 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. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.

Senior Outreach Program

Outreach volunteers will meet on **Thursday, June 2 at 9:00 a.m.** to submit reports, share concerns and encourage each other. During this meeting we will also provide continuing education and work on team and resource building.



At 10:00 a.m. Lori Anderson will be here speaking to volunteers about mobile meals.

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

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</p>  <p>Senior Dining Fellowship, Food & Fun</p>	<p>1 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 11:00 Clown Troop 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheephead 1:15 Sheephead 1:30 AMP 7:30 Wed Night Dance Happy Travelers Trip-Brewer Game</p>	<p>2 9:00 Senior Outreach 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEOS—Ginos 12:30 Bridge 1:00 Flying Geese Quilters 5:45 TOPS #0566 6:00 Chartastics Scrapbook Club 6:00 Country Line Dancing</p>	<p>3 9:00 Memory Cafe 10:00 Red Hat Chorus 1:00 Dominoes 1:15 Sheephead 4 Saturday 5 Sunday</p>	<p>10 9:00 Health Screenings Hearing Aid cleaning and Hearing Check 10:00 Red Hat Chorus 1:00 Dominoes 1:00 Endangered Species of WI Presentation 1:15 Sheephead 11 Saturday 12 Sunday 6:00 Model Railroad</p>
<p>6 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf at Oakgreen 1:00 Euchre 1:00 Poker 1:15 Sheephead 3:00 Cardio Drumming</p>	<p>7 8:00 Skat 9:00 Tai Chi 9:00 AARP Board Meeting 10:00 Hiking 10:00 Acrylic & Oil Painting Class 11:30 Red Hat's Lunch-TJ's by the Lake 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Wendt's on the Lake—Social at 5:30</p>	<p>8 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand & Foot 1:00 Recreational Sheephead 1:15 Sheephead 1:30 AMP 7:30 Wed Night Dance</p>	<p>9 9:00 Hand Chimes 9:00 Senior Outreach Advisory Mtg 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Movie—"The 33" 12:30 Bridge 1:00 Finding Your Way Home 3:30 Melodies & Memories Choir 4:30 AARP Summer Picnic 5:45 TOPS #0566 7:00 Sunset Stitches Happy Travelers Trip-Maggie Mae Dinner Show</p>	<p>17 10:00 Red Hat Chorus 1:00 Dominoes 1:15 Sheephead 5:00 Supper Club—American</p>
<p>13 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf at Oakgreen 1:00 Euchre 1:00 Poker</p>	<p>14 8:00 Skat 9:00 Tai Chi 9:00 Bagels with Ben 10:00 Hiking 10:00 Bike Ride-Meet at Target 10:00 Acrylic & Oil Painting Class</p>	<p>15 8:30 SCAMP 9:00 MPTC-Apple iPad Basics 9:45 Video Chair Exercise 10:00 Handchimes @ St. Francis 12:00 Hand & Foot</p>	<p>16 9:00 Foot Care 9:00 Beg. Country Line Dancing 10:00 Hiking 10:00 Handchimes @ Waupun Christian Home 10:00 Scrapbooking</p>	<p>17 10:00 Red Hat Chorus 1:00 Dominoes 1:15 Sheephead 5:00 Supper Club—American</p>

<p>1:15 Sheephead</p> <p>3:00 Cardio Drumming</p> <p>6:30 FDL Area Writers Club</p>	<p>10:00 Happy Travelers Arizona Trip Preview</p> <p>12:30 Bridge</p> <p>1:00 MPTC-Which Smart Phone is right for you.</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Coin Club</p> <p>6:30 Senior Dining-Gino's Social at 5:30</p>	<p>12:00 Canasta</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>1:30 AMP</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>5:45 TOPS #0566</p> <p>6:00 Chartastics Scrapbook</p> <p>6:00 Country Line Dancing</p>	<p>Legion in Lomira</p> <p>Social 5:00; Dinner 5:30</p> <p>18 Saturday</p> <p>10:00-2:00 Gift Shop Open</p> <p>19 Sunday</p>
<p>20</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>9:30 Ladies Golf at Oakgreen</p> <p>1:00 Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>3:00 Cardio Drumming</p>	<p>21</p> <p>8:00 Skat</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining-Blanck's Supper Club - Social at 5:30</p>	<p>22</p> <p>8:30 SCAMP</p> <p>9:00 MPTC-Apple iPad Basics II</p> <p>9:45 Video Chair Exercise</p> <p>10:00 Handchimes @ Grandcare</p> <p>11:00 Clown Troop</p> <p>12:00 Hand & Foot</p> <p>12:45 Walk to Farmers Market</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>1:30 AMP</p> <p>7:30 Wed Night Dance</p>	<p>23</p> <p>9:00 Foot Care</p> <p>9:00 Beg. Country Line Dancing</p> <p>10:00 Hiking</p> <p>10:45 Handchimes @ Woodlands</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>12:30 Movie-"The 33"</p> <p>5:45 TOPS #0566</p> <p>6:30 Alzheimer's Support Group</p> <p>6:00 Country Line Dancing</p> <p>Happy Travelers Trip-"Cruisin" Milw Art Museum/Edelweiss River Cruise</p>	<p>24</p> <p>9:00 Friends Board</p> <p>10:00 Red Hat Chorus</p> <p>1:00 Dominoes</p> <p>1:00 Dementia Training</p> <p>1:15 Sheephead</p> <p>25 Saturday</p> <p>26 Sunday</p>
<p>27</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Ladies Golf at Oakgreen</p> <p>1:00 Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>3:00 Cardio Drumming</p>	<p>28</p> <p>8:00 Skat</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Massage</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>2:00 Community Cares @ Lake View Pl</p> <p>1:00 Drawing &Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining-Goose Shot</p>	<p>29</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>12:30 Canaster</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>1:30 AMP</p> <p>2:00 Umbrella Brigade At Lutheran Home</p> <p>7:30 Wed Night Dance</p>	<p>30</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>9:00 Beg. Country Line Dancing</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>10:00 Scrapbooking</p> <p>12:30 Bridge</p> <p>1:00 Joyce Mann Pneumonia Vaccinations "Two Step"</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p>	<p>OFFSITE SUPPORT GROUPS</p> <p>6/13 10:00 Parkinson's Support Group- Aurora Health Care</p> <p>6/14 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</p> <p>6/21 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>**All Orange Events are held Offsite</p> <p>Billiard Room open daily for open Pool. Pool League starts in Sept.</p>

Gift Shop Hours: 10-4 Monday -Friday, 4-7 on Thursday evenings and the 3rd Saturday of the month 10-2 **Dine Out Books are available for purchase as well as multiple gift cards**
Don't forget to renew your Friend's Membership

Moraine Park Classes



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—sign up soon!



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1						* Each student is required to bring a jump drive to class		
103-483-10100	T, W, R	July 12, 13, 14 2016	3 days	9:00 a.m.—Noon	9 hours	K. Hass	\$4.50	\$37.09
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. Text book optional.								
COMPUTER BASICS 2						* Each student is required to bring a jump drive to class		
103-485-10101	T, W, R	July 19, 20, 21, 2016	3 days	9:00 a.m.—Noon	9 hours	K. Hass	\$4.50	\$37.09
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. Text book optional.								
COMPUTER BASICS 3						* Each student is required to bring a jump drive to class		
103-490-10102	T, W, R	July 26, 27, 28, 2016	3 days	9:00 a.m.—Noon	9 hours	K. Hass	\$4.50	\$37.09
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. Text book optional.								
APPLE IPAD BASICS						* Bring your iPad to class		
103-611-10147	W	June 15, 2016	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.70	\$26.10
Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer you. This class is intended for people wanting to learn more about the iPad and also for the beginner user.								
APPLE IPAD BASICS II						* Bring your iPad to class		
103-613-10148	W	June 22, 2016	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.70	\$26.10
Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basic course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice.								
INTRODUCTION TO SKYPE								
103-680-10135	W	July 6, 2016	1 day	9:00 a.m.—Noon	3 hours	S. Markfort	\$12.60	\$15.30
If you were wondering what Skype can do, we can show you! Discover how to use your personal device to stay connected with friends and family who are far away. Participants may bring their laptop (with webcam) to this session.								
WHICH SMART PHONE IS RIGHT FOR YOU								
103-665-10132	T	June 14, 2016	1 day	1:00—3:00 p.m.	2 hours	S. Markfort	\$12.60	\$15.30
iPhone or Android? With so many smart phone manufacturers, Apple, Samsung, LG, Motorola or the many other manufacturers of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the top brands on the market and determine which smart phone is right for you.								

** Prices are subject to change.

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	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
June 7, 14, 21, 28; July 12, 19, 26, August 2			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
June 7, 14, 21, 28; July 12, 19, 26, August 2			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
June 7, 14, 21, 28; July 12, 19, 26, August 2			
Country Line Dancing	Thursdays	6—7:30 pm	\$10 for 4 class punch card
Jun 2, 16, 23, 30;			
Beg. Country Line Dancing	Thursdays	9:00-10:30 a.m.	\$7.50 for 3 class punch card
June 16, 23, 30; July 7, 21, 28			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
Starting again in the fall			



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- Fleet Farm—\$25 cards—5%
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- Kwik Trip—\$25 cards—5% gas, 15% in store
- Pick 'n Save (Roundy's)—\$25 cards—4%
- Piggly Wiggly—\$25 cards—3%
- Schreiner's Restaurant—\$10 cards—5%
- Shopko—\$25 cards—3%
- Subway—\$10 cards—6%
- Walgreens—\$25 cards—6%
- Walmart - \$25 cards—2.5%

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Open to the public— Located inside the Fond du Lac Senior Center



Programs & Activities



Thanks to everyone who came to our Party with Elvis! We had several requests for the "All Shook Up Chex Mix" recipe we served that day. Enjoy!

All Shook Up Chex Mix

- | | |
|------------------------------|---------------------------|
| 3 cups Honey Nut Chex cereal | 1/4 cup honey |
| 1 tablespoon butter | 2 cups dried banana chips |
| 1/2 cup creamy peanut butter | |

1. Line cookie sheet with waxed paper or foil. In large microwavable bowl, mix cereals.
2. In 2-cup microwavable measuring cup, microwave butter, peanut butter and honey uncovered on high 1 to 2 minutes, stirring after 1 minute, until boiling. Pour over cereal, stirring until evenly coated.
3. Microwave uncovered on high 3 minutes, stirring and scraping bowl every minute. Stir in banana chips. Spread on cookie sheet.



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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 7 | Wendt's on the Lake |
| June 14 | Gino's |
| June 21 | Blanck's Supper Club |
| June 28 | Goose Shot |

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Senior Dining



June 2016

Fond du Lac County Senior Dining

*The Senior Center is now serving meals
on Fridays. Come join us for lunch!*

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday** at **11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Register for lunch by calling 929-3937 at least one day in advance before 1 p.m.



Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Wednesday, June 1: Chicken Teriyaki
- Thursday, June 2 : Ham Rolls
- Friday, June 3: Chili Casserole
- Monday, June 6: Roast Turkey
- Tuesday, June 7: Pepper Steak
- Wednesday, June 8: Pork Jaegerschnitzel
- Thursday, June 9: Crispy Fish Fillet
- Friday, June 10: Chicken Tetrazzini
- Monday, June 13: Salisbury Steak
- Tuesday, June 14: Hawaiian Meatballs
- Wednesday, June 15: Baked Chicken
- Thursday, June 16: Beef Stroganoff
- Friday, June 17: Pork Steak
- Monday, June 20: Meatloaf
- Tuesday, June 21: Baked Spaghetti
- Wednesday, June 22: Chicken Breast
- Thursday, June 23: Bratwurst on a Bun
- Friday, June 24: Country Fried Steak
- Monday, June 27: Roast Pork Loin
- Tuesday, June 28: Beef Stew
- Wednesday, June 29: Baked Chicken
- Thursday, June 30: Meatballs in Honey Mustard Sauce

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday 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 Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE
ARE
HERE
TO
HELP**

Happy Travelers

Be a Happy Traveler... We're going places!



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.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

Hot new destination for Winter 2017 . . .

TROPICAL COSTA RICA

Collette Tours
January 9—17, 2017



Lush forests and stunning waterfalls . . . Exotic wildlife and endless coastlines. . . Costa Rica is truly a slice of paradise!

Highlights include:

- ⊗ Breathtaking scenery surrounding Arenal Volcano.
- ⊗ Spot Indigenous wildlife while on a Cano Negro riverboat cruise.
- ⊗ Learn about Costa Rica's vegetation on a guided walk in the cloud forest.
- ⊗ A cooking demonstration revealing the unique flavors of Costa Rican cuisine.
- ⊗ The history of coffee at the Doka Coffee Estate.
- ⊗ Climb high into the trees for a hanging bridges tour in the cloud forest.
- ⊗ Discover the charming town of Zarcero and its whimsical topiary garden.
- ⊗ Get to know Costa Rican culture in the picturesque town of Grecia.

Stop in to learn more about this beautiful trip!

\$2,899 double

**Deadline for
Costa Rica price & seat
guarantee is July 8.
Hurry!**



Take a step back in time in Shipshewana!

Shipshewana, Indiana

Monday, August 22—Thursday, August 25

\$439 double

3 breakfasts, 2 dinners incl.



We'll spend 3 nights at the Essenhous Inn in Middlebury, see "Josiah for President" the new musical at the Blue Gate Theater, shop at the Shipshewana Flea Market and numerous Amish shops downtown. Go on a Brown Bag Tour where we'll see buggies being made, visit a camel farm, and more. We'll be making a stop in the Amish town of Nappanee and visit the shops of Coppes Commons.

Honoring Our Veterans

**Wisconsin Veterans Museum
and Olbrich Botanical Gardens in Madison**

Tuesday, July 12; 7:30 a.m.—7:00 p.m.

\$45 or \$40 for Veterans! (Dutch treat meal)

Walking Trip

The Veterans Museum allows you to feel what it was like to serve in our nation's wars and conflicts through more than 30,000 objects on display.



We'll also explore Olbrich Botanical Gardens featuring outdoor gardens, exotic plants, orchids, birds and a beautiful waterfall.

In your free time, explore the State Capitol and have lunch right around the corner on State Street.

Happy Travelers exclusive trip

Be a Happy Traveler... We're going places!



TRIP PREVIEW

Thursday, August 4
1:00 p.m.

Yellowstone & Glacier Adventure Tour July 17–27, 2017 11 days!

All aboard for a cross-country rail adventure! Your tour begins in Chicago, and after a night on the rails spent gazing at the changing vistas, the train arrives at Salt Lake City. After a tour of Utah's capital city and plenty of free time to explore, we'll continue on to Jackson, Wyoming, a town straight out of the Wild West. Grand Teton, Yellowstone and Glacier National Parks are the true highlights of this 11-day tour. With at least a full day in each park, there's ample time to soak in all the natural splendor America's West has to offer before returning to Columbus, Wisconsin.

\$2,875 *double*, \$3,625 *single*



Limited seating available for these trips. Call soon to save your spot!

Day Trips

Maggie Mae Dinner Show— Oxford \$74 *meal incl.*
Thursday, June 9; 10:15 a.m.—5:00 p.m.

Rockin' at the Fireside \$105 *meal incl.*
Thursday, June 16; 8:15 a.m.—6:00 p.m.

Cruisin' \$85 *meal included*
Milwaukee Art Museum, Edelweiss River Cruise
Thursday, June 23; 8:00 a.m.—6:00 p.m.

Arlington Horse Races \$59 *Dutch treat meal*
Thursday, July 14; 7:30 a.m.—9:45 p.m.

Greendale Taste of Home \$74 *meal included*
Wednesday, August 3; 9:00 a.m.—5:00 p.m.

Tall Ship Festival *Dutch treat meal*
Saturday, August 6; 8:00 a.m.—4:00 p.m.
\$40 *non-sailing ticket*, \$97 *sailing ticket*
(*sailing option is filling fast!*)

Oneida Casino \$59 *meal included at Schwartz's*
Wednesday, August 10; 10:00 a.m.—6:30 p.m.

Lake Geneva Cruise & Rosewood Lunch & Show
\$99 *meal included*
Thursday, August 18; 8:00 a.m.—6:30 p.m.

Extended Trips

Mystery Trip
2 Days, Wednesday—Thursday, July 27—28,
\$206 *double*, 4 *meals included*. Only 2 seats left!

Colorado Rail Adventure w/Vacations by Rail
September 8—16, 7 Days—6 Nights
\$2,610 *Double*; Includes *land, air and transfer*

Albuquerque Balloon Fiesta w/Collette Tours
6 Day Trip; Tuesday—Sunday, October 4—9
\$2,599 *per person double occupancy*

Arizona Spring Training
6 Day Trip; March 12—17, 2017
\$2,079 *Double with booking discount*

Announcements

AARP MEETING

No June Meeting



Join us for the AARP Summer Picnic

Thursday, June 9

4:30 p.m. Social, 5:00 p.m. Luncheon

Musical entertainment by the Rascals to follow.

See page 4 for more details and registration form.

AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public—all ages welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.

LIVING WELL WITH CHRONIC CONDITIONS

6 week series held Tuesdays June 21–July 26

1:00–3:30 p.m.

Moraine Park Technical College in Fond du Lac

Don't miss this workshop sponsored once a year by the Fond du Lac County Senior Services!



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 and fatigue, discover better nutrition and exercise choices, understand new treatment options, and learn more effective ways to talk to your doctor and family about your health.

Attendance at all six sessions is recommended. There is no charge. Space is limited. Registration is required. To register or for more information call Marion at 929-3114.

TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, July 28; 1:00 p.m.

Speaker: Todd Janquart,

Assistant Chief, Fond du Lac Fire/Rescue

Topic: Dangers of heat and dehydration

TRIAD meetings are held every other month at the Fond du Lac Senior Center. Meetings have a focus on public safety with a presence from the Fond du Lac police or fire department, a guest speaker, and roundtable discussion of community issues of concerns to seniors. Meeting are free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety.



The cardiologist's diet: if it tastes good, spit it out.

Pauline Bersock



FREE PRESCRIPTION DISCOUNT CARD

Pay less for your prescriptions

- Save up to 75%. Average savings of \$20 per prescription. Your discounts are applied automatically.
- Use for every prescription. No activation required. For everyone without insurance or medicine not covered.
- Give this card to your pharmacist for immediate savings. Accepted nationwide at over 60,000 pharmacies.

Cards available at the Fond du Lac Senior Center.

For more information, visit www.familywize.org

Walgreens SENIORS DAY

20% Discount the 1st Tuesday
of Every Month

Must be 55+ or an AARP member.



Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

2016 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. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS	APT #
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

\$10.00 Single **\$15.00 Couple** (same address)

\$_____ 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 2016 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 2016 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 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

NEW 2016 Member Renewal Receptionist Initials _____

FANTASTIC FRIENDS \$50 FABULOUS FRIENDS \$100

Received Dine Out Book for Fantastic or Fabulous membership Received Happy Travelers Info

Received *Among Friends* Newsletter

June 2016 Newsletter

_____ Card File

_____ Computer

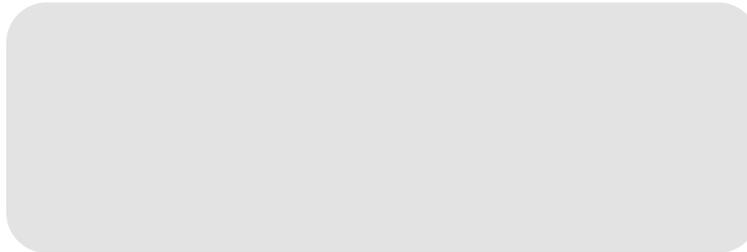


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

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cloomans@fdl.wi.gov

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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

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.