Among Friends

Fond du Lac Senior Center ...where friends meet! JUNE 2017

Proudly serving the Fond du Lac community for 50 years!

SENIOR SUMMER GAMES

Wednesday, July 12
10am to 1:30pm
Lake View Place

Everyone Welcome!
Join in the games! We have Ladder Ball, Bean Bag Toss, Poker Walk, Horse Races & Shake of the Day!

Sponsored by the Senior Wellness Coalition:
Aging and Disability Resource Center, Agnesian HealthCare, Fond du Lac Lutheran Homes, Fond du Lac Senior Center, Frontida Assisted Living, Generations Home Care and Hospice Inc., Harbor Haven Health and Rehabilitation, Heartland Hospice, Lake View Place, Lincoln House Assisted Living, ManorCare Health Services, Rehab Arisces, Visiting Angels

Please see page 4 for more details on registering for this event!
If I would say “this occurs when a planet’s rotational axis, in either northern or southern hemispheres, is most inclined toward the star that it orbits”, would you know what I was talking about? It’s the first day of summer! I don’t know about you, but when I think of the first day of summer I envision flowers, the smell of fresh cut grass, and the warmth of the sun. To me, there is a laid back feeling to summer where we are able to take advantage of the beauty of our state and all of the activities that summer brings.

There is another reason that I wanted to talk to you about the Summer Solstice. June 21st is recognized by the Alzheimer’s Association as “The Longest Day”. As the Alzheimer’s Association says, “For those facing Alzheimer’s, every night and day are the longest! Show them they are not alone by participating in The Longest Day – a tribute event to honor those facing Alzheimer’s.”

Do you know someone with Alzheimer’s disease or another form of dementia? It’s hard to find someone who hasn’t been affected. The Alzheimer’s Association’s facts about dementia are mind boggling:

❖ Since 2000, deaths from heart disease have decreased by 14% while deaths from Alzheimer’s disease have increased by 89%
❖ 1 in 3 seniors dies with Alzheimer’s or another dementia
❖ Every 66 seconds someone in the US develops the disease
❖ More than 15 million Americans provide unpaid care for people living with Alzheimer’s or another dementia
❖ More than 5 million Americans are living with Alzheimer’s and by 2050 this number could rise as high as 16 million

What will you do for The Longest Day? There are several events being held locally that you are welcome to join. There is additional information on page 25 of this newsletter and I would encourage you to watch our Facebook page and our bulletin boards for more information. The Alzheimer’s Association is also asking everyone to “Go Purple In June” to support Alzheimer’s and Brain Awareness Month.

I also wanted to let you know that the Senior Center will be having a team at this year’s Walk to End Alzheimer’s on Saturday, October 7th at Moraine Park. If you are interested in joining us, just let me know – we would love to have you as part of our team!

And most importantly, I wanted you to know that if one of these statistics refers to you or a loved one, you are not alone. There are many community resources to help so please reach out to us if you have questions.

Enjoy the longest day of the year~

Cathy
Scrip Gift Cards Available!

Let the Brown Paper Packages Gift Shop help you with your gifting and shopping! When you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!

What is Scrip? Scrip means “substitute money,” and is a universal name for real and negotiable paper gift certificates or prepaid debit cards that are used just like cash. You can use scrip to purchase everyday expenses like food, clothing and other essentials; and with every purchase, you earn revenue for our Center! Buy yours today!

Cash or Check Only. Other Cards are available, please ask!

25+ Places to choose from!

Newsletter Crew
Editor.................................Cathy Loomans
Coordinator..........................Christina Thor
Mail Crew..............................Katie Fischer and
20+ volunteers!

Newsletter Deadline
Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Christina Thor, cthor@fdl.wi.gov.

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 Spencer Wagen on his Breakfast Show every Monday morning. Listen in for information about upcoming activities and events at the Senior Center. Sponsored by Smith & Hatch Insurance.
**Senior Summer Games**

**Wednesday, July 12**  
10 AM - 1:30 PM  
Lake View Place

A picnic lunch will be offered for **$5.00** and includes **a brat or burger, baked beans, chips, and a beverage**. A dessert buffet is also included. Pre-register and pay the $5.00 at the Fond du Lac Senior Center, 151 E. 1st Street, by Monday, July 3.

Although the games are free for participation, pre-registration for the $5.00 lunch is required. To help with planning, pre-register by Monday, July 3, 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 & a healthy snack
- **10:00 – Noon** Summer Games—see list below & pre-register by July 3
- **10:30 a.m.** Poker Walk—pre-planned route around the Lake View Place grounds at your own pace
- **11:00 – Noon** Bingo—try your luck!
- **Noon–1:00 p.m.** Picnic Lunch (Must pre-register by July 3)
- **1:00 – 1:30 p.m.** Awards and 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 Monday, July 3.

**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:**

☐ Ladder Ball  ☐ Bean Bag Toss  ☐ Poker Walk  ☐ Horse Races  ☐ Shake of the Day
**Friday Flicks with the Grandkids**
Friday, June 16 at 1:00 p.m.
Seniors are encouraged to bring their grandchildren or a special young person!

**MOANA**
An adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master wayfinder. Together, they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds.

**SAVE THE DATE**
**July’s Movie:**
**TROLLS**
Friday, July 21 at 1:00 p.m.
Please call 322-3630 to register for either movie!

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**AARP Annual Summer Picnic**
Wed., June 21

**Wednesday, June 21**
11:30 a.m. Social, 12:00 p.m. Luncheon
Followed by musical entertainment by the Singing Class—directed by Kathryn Staley-Hamm

North Fond du Lac Community Ctr
230 Garfield Street, North Fond du Lac

Door Prizes—Raffle—Great Food—Entertainment

**All are Welcome!**

**Menu:** Catered by Entrees on Trays
Hot Ham & Hot Beef, 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

Registration deadline is Friday, June 16.

This event is sponsored by AARP Chapter 614

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**Bagels with Ben**
**Tuesday, June 13 at 9 a.m.**

Get your investment questions answered!

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies at our Center. Bagels from The Bagelmeister will be provided! Call (920) 322-3630 to register.

It’s FREE to attend!

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

Name(s)_____________________________________
Address_____________________________________
Phone________________Amount Enclosed________

Please include this form with your payment.
Melodies and Memories Choir
Thursday, June 8
3:30– 4:30 p.m.
2nd Thursday of each month
Do you love to sing? Do you like to sing just for fun?
Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.

There is no admission fee—just stop by!

Genealogy Club
Wednesdays at 1:00 p.m.
Come join this open discussion about ancestry!
Meet new friends and gain some interesting insight!
Drop-ins welcome!

AARP Meeting
There will be no regular monthly meeting due to Annual Summer Picnic this month.

Art Classes
Session 1: June 6, 13, 20, 27
Session 2: July 11, 18, 25
(no class on July 4)

Classes we offer are:
- Oil Painting: Tuesdays, 10am—noon
- Drawing/Watercolor: Tuesdays, 1pm-3pm
- Mixed media is now being incorporated into the 10am and 1pm classes

Please sign up at the Front Desk!

$16 for a 4-class punch card!

MaryAnn Lapine’s Make-n-Take Classes

Wine Glass Painting Classes
TWO DATES!
Session 1: Thursday, June 8 at 5:30-8:00pm
Session 2: Friday, June 9 at 1:00-3:30pm
Bring home two wine glasses!

As always, no experience is needed. We aim to have fun in this creative environment! It’s $10.50 per person for each class and all supplies are included in the cost. Please register and pay at the Front Desk.

Beginning Jewelry Making Class
Friday, June 16 at 1:00-3:30pm

Design your own jewelry. You can either make a ‘bracelet and earrings’ or a ‘necklace and earrings’ during this fun class!
Programs & Activities

Bike Rides
Wednesday, June 21 at 10:30 a.m.
Lakeside Park—De Nevue Shelter
Lunch at Gilles

Enjoy the outdoors with a wonderful group of people, while staying active! Bikers should bring a water bottle, money for lunch (if you want lunch) & 50¢ for donation. We will be biking a portion of the Fond du Lac Loop Trail.

June’s Rain Date: June 22 at 10:30 a.m.
Please call our front desk at 322-3630 to register!

Beginning Card Making Class
Tuesday, June 20 at 2:00 p.m.
2:00 pm to 4:00 pm
Cost: $5.50 per person

Create two beautiful cards for any upcoming occasion! Christine Bertram will teach you everything you need to know about stamps, papers, inks, cutting tools & adhesives. Materials are included with the cost!

Deadline to register: Monday, June 19 at 12PM

Upcoming Umbrella Brigade Performance
Are you ready for the Red Hatter’s Umbrella Brigade performance this month? This amazing group will be spreading a little sunshine on:

Friday, June 9; 2:30 p.m. at Woodlands Senior Living, 1446 Lynn Ave

RED HAT HONEYS
THE FDL SENIOR CENTER CHAPTER
The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are $5, plus your Friends membership.

BREAKFAST AT SCHREINER’S
Wednesday, June 7 at 9am
Schreiner’s (Pioneer Rd & W Johnson St—168 N Pioneer RD, FDL)
The Red Hat Honey’s are going to have a honey of a breakfast. Join us for good food and great conversation.

Cost: “Dutch Treat”
Registration Deadline: Friday, June 2nd
Limit: 16 people
And as always, a 50 cent donation to our Center is also collected. Please register at the Front Desk if you’re interested!

July’s Bike Ride:
Wednesday, July 19 at 10:30 a.m. at the Wild Goose Trail on Rolling Meadows Drive. We will biking ~6 miles to Oakfield. While in Oakfield, you have a choice of grabbing a burger if you wish.

July’s Rain Date: July 20 at 10:30 a.m.

Outdoor Games at the Center!
Can’t find anything to do outdoors this summer? We have Yard Yahtzee, Bocce Ball, Corn Hole and Washer Box equipment available upon request! Form a team or play one-on-one and play any time on the days we are open and when the weather cooperates! Call the Front Desk at 322-3630 to reserve the game equipment!

MAHJONG
Tuesdays at 1 p.m. AND Thursdays at 12:30 p.m.
New to Mahjong? Come to our meeting and we’ll teach you! Come enjoy an afternoon of fun and games with a great group of people!

NEW TIMES ADDED!
Thursday, May 25 at 1 p.m.
Thursday, June 15 at 12:30 p.m.
### Monthly Movies

**Thursday, June 8:**
**COLLATERAL BEAUTY**

*11:45 a.m. Lunch (optional); 1:00 p.m. Movie*

2016; 1 hr 37 mins; PG-13; Drama/Romance; Starring: Wil Smith, Edward Norton, Kate Winslet

When a successful New York advertising executive suffers a great tragedy he retreats from life. While his concerned friends try desperately to reconnect with him, he seeks answers from the universe by writing letters to Love, Time and Death. But it’s not until his notes bring unexpected personal responses that he begins to understand how these constants interlock in a life fully lived, and how even the deepest loss can reveal moments of meaning and beauty.

**Wednesday, June 21:**
**HIDDEN FIGURES**

*11:45 a.m. Lunch (optional); 1:00 p.m. Movie*

2016; 2 hr 7 mins; PG; Biography/Drama/History; Starring: Taraji P. Henson, Octavia Spencer, Janelle Monae

Katherine G. Johnson, Dorothy Vaughan and Mary Jackson (brilliant African-American women working at NASA) served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.

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**Mark your calendar for July movies:**
- **Thursday, July 6 at 1:00 PM:** La La Land
- **Wednesday, July 26 at 1:00 PM:** A Dog’s Purpose

**Thinking about joining us for lunch?**
Read about the Senior Dining Program on page 9 for more details!

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Don Kurki – Funeral Director

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Mark J. Ridenour DDS

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Friends of Fond du Lac Sr. Center, Fond du Lac, WI.  B 4C 01-1122
Dining

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 & fun!

Thursday, June 1
Faro’s

Thursday, July 6
Schmitty’s

Call our Center at (920) 322-3630 to pre-register!

Tuesday Night Dining Group
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 6
Paddy’s

June 13
Blanck’s Lake Aire

June 20
Jim & Linda’s

Lakeview Supper Club

June 27
Gino’s

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

For information, please call Max at (920) 269-4180.

SUPPER CLUB
The Supper Club is a program for anyone who wants to go out to eat with friends or meet new ones! You MUST call our Center at (920) 322-3630 if you are interested in attending.

Fat Joe’s
Saturday, June 24
Social: 5:00 p.m.; Dinner: 5:30 p.m.

June 2017
Fond du Lac County Senior Dining
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. Please 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.

- Thursday, June 1: Glazed Ham
- Friday, June 2: Orange Chicken
- Monday, June 5: Salisbury Steak
- Tuesday, June 6: Lasagna Casserole
- Wednesday, June 7: Meatballs in Honey
- Thursday, June 8: Pork Steak
- Friday, June 9: Liver and Onions
- Monday, June 12: Roast Beef
- Tuesday, June 13: Baked Chicken
- Wednesday, June 14: Ring Bologna
- Thursday, June 15: Chili Casserole
- Friday, June 16: Fruited Chicken
- Monday, June 19: Ham Rolls
- Tuesday, June 20: Meatloaf
- Wednesday, June 21: Roast Turkey
- Thursday, June 22: Hawaiian Meatballs
- Friday, June 23: Salmon Loaf
- Monday, June 26: Chicken Breast
- Tuesday, June 27: Beef Frank on a Bun
- Wednesday, June 28: Baked Chicken
- Thursday, June 29: Beef Stroganoff
- Friday, June 30: BBQ Pork Cutlet

Come dine with friends!

2017 DINE OUT COUPON BOOKS
Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 55 coupons from 45 different restaurants! Purchase a coupon book in the Brown Paper Packages Gift Shop today!
Balance & Body Movement
Class on Fridays from 10–10:30 a.m.
Laurence Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!!

CHAIR EXERCISE CLASSES
Men and women welcome!

LOW IMPACT CHAIR EXERCISE
With Sarah Docter
Mondays 9:00–9:30 a.m.

CHAIR EXERCISE VIDEO
Wednesdays 10:00–10:30 a.m.

Hiking Group
This group meets on Tuesdays & Thursdays at 10 a.m.
Please call Ruth at 921-7192 for more information.

HEALTH SERVICES

BLOOD PRESSURE TESTING
Sponsored by Agnesian
Friday, June 9; 9:00 a.m.
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING
Sponsored by Lutheran Homes & Health Services
Friday, June 9; 9:00 a.m.
No appointment needed. 12-hour fast required. Donations accepted.

HEARING SCREENING/HEARING AID CLEANING
Sponsored by Avada Hearing Care Center
Friday, June 9; 9:00 a.m. FREE hearing screenings and FREE hearing aid cleaning. Please call 322-3630 for an appointment. Donations accepted.

FOOT CARE (ROUTINE NAIL CARE)
Cost $25
Sponsored by FDL County Health Department
June 8, 15, 22; July 6, 20, 27 (Thursdays)
Call 322-3630 for an appointment.

CARDIO DRUMMING
Come join us on Tuesdays at 3:15 p.m.
Feel the music. Feel the burn!
First class is free!!!
Punch cards are sold at the front desk for $24, which is valid for 8 classes!
**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: May 16–July 11 $45

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

Please register and pay at the Front Desk.

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**Yoga Fit with Kirsten Quam**

(also the Zumba Gold instructor)

*Every Saturday, 9-10:00 AM*

$5 walk-in or 10-class punch cards for $40.00 from instructor

*No registration required. Just drop in!*

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**Self Defense Class on Fridays from 9–10am**

*with Laurence Lewis*

(also teaching the Balance & Body Movement Class)

No registration required

Free admission, just drop in!!

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**ZUMBA GOLD**

*Mondays 5:30 - 6:30 p.m.*

$5 walk in or a 10 class punch cards $40.00 available from instructor

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**Bike Rides**

*Please see page 7 for more details!*

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**LINE DANCING CLASS**

*Beginning Country Line Dancing*

Thursday AMs during the summer

9am to 10:30am

Session 1: June 1, 15, 22

Session 2: July 6, 13, 20

*Country Line Dancing*

Thursdays

6pm to 7:30pm

Session 1: June 1, 15, 22, 29

Session 2: July 6, 13, 20, 27

$10 for a 4 class punch card available at the Front Desk!
Outreach

Reaching Out – Touching Lives
Sponsored in part by
Fond du Lac Area United Way

Senior Outreach Program
Outreach volunteers will meet on Thursday, June 1 at 9:00 a.m. at our Center for the monthly Outreach meeting. 
Note: This is for Outreach Program Volunteers Only

The Senior Outreach Program is funded in part by:
Friends of the Fond du Lac Senior Center, Inc.
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way
Fond du Lac Area Foundation

Community Cares
The next Community Cares visit will be on Tuesday, June 27, 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. If you would like to participate or have questions, call 322-3641. Sharing an hour of your time can make a difference in the life of a senior.

“Cookies & Chat”
Outreach volunteers will meet on Wednesday, June 14 at 2:00 p.m. at All About Life. 
Note: This is for Outreach Program Volunteers Only

Do you like to make others smile?
Join one of our outreach programs to help decrease isolation in our community and make someone’s day brighter! Here is a list of our Senior Outreach Programs:

Community Cares: Visit a local nursing home or assisted living facility once a month for an hour. You will go with other volunteers from our Center and visit one-on-one with residents who get few visitors. Visits are once a month or every other month.

Caring Companions: A supportive program providing companionship to seniors in the community. Volunteers are paired with a “friend” and asked to visit them for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Outreach Coordinator will match you with a client and provide training and support.

Caring Companion Community Partnerships: A supportive program providing companionship to seniors in local senior living communities. Volunteers are paired with a local nursing home or assisted living facility and asked to visit the individuals who reside there for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Center Outreach Coordinator will match you with a facility and provide training and support.

Friendly Phone Calls: A program for seniors who have limited contact with family and friends. Monday through Friday a call is placed to check in and say “Hello.” Calls can be made from the comfort of your own home.

Senior Center Friendly Visits: A program that supports you in visiting seniors. You set the times. The Senior Center will provide the training and support to make it enjoyable.

Learn more about our Outreach Opportunities & how to volunteer by calling Sarah at (920) 322-3641.
Woodcarving Club
Meets on Mondays at 9:00 a.m.

The Woodcarving Club meets once a week and carve wood in a fun, creative atmosphere!

Interested in woodcarving? This is a great opportunity to express your creative side! Newcomers are welcomed. No registration required.

For more information, call the Front Desk at (920) 322-3630.
## June Activities Schedule

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>LET'S DO LUNCH!</strong></td>
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<td><strong>OFFSITE SUPPORT GROUPS</strong></td>
<td>1 8:00 Skat</td>
<td>2 9:00 Self Defense Class</td>
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<td>The Senior Center is a meal site for the</td>
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<td>Mon 6/12 10:00 Parkinson's</td>
<td>9:00 Senior Outreach</td>
<td>10:00 Balance and Body Movement</td>
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<td>FDL County Senior Nutrition Program. Served</td>
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<td>Support Group-Aurora Health Care</td>
<td>9:00 Hand Chimes</td>
<td>1:15 Sheephead</td>
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<td>Monday—Friday at 11:45 a.m., lunch is</td>
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<td>Tues 6/13 8:30 Prostate Cancer</td>
<td>9:00 Beginner Bridge</td>
<td>1:30 Game Day</td>
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<td>available to all seniors regardless of</td>
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<td>Support Group-Rolling Meadows Family</td>
<td>10:00 Hiking</td>
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<td>income, with a suggested donation of $3</td>
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<td>Restaurant</td>
<td>10:00 Scubaquming</td>
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<td>for those 60 or over. Registration for</td>
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<td>Tues 6/20 4:00 Diabetic Support</td>
<td>12:00 ROMEO'S—Faro's</td>
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<td>lunch is required by calling 929-3937 at</td>
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<td>Group at Aurora Health Care Center</td>
<td>12:30 Bridge</td>
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<td>least one day in advance by 1 p.m. Menus</td>
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<td><strong>All Outdoor Events are held Offsite</strong></td>
<td>12:30 Mahjong</td>
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<td>are available at the front desk or our</td>
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<td>1:00 Cribbage</td>
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<td>website: fdlseniorcenter.com</td>
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<td>1:00 Flying Quilters</td>
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<td>5:45 TOPS #0566</td>
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<td>9:00 Low Impact Chair Exercise</td>
<td>9:00 Tai Chi</td>
<td>8:30 SCAMP</td>
<td>8:15 AARP Drivers Safety</td>
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<td>9:00 Woodcarving Club</td>
<td>9:00 AARP Board Meeting</td>
<td>9:00 Red Hat at Schreiners</td>
<td>9:00 Foot Care</td>
<td>9:00 Health Screenings—sponsored</td>
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<td>9:30 Ladies Golf League at Oakgreen Golf</td>
<td>10:00 Hiking</td>
<td>9:00 Hand Chimes</td>
<td>9:00 Hand Chimes</td>
<td>By Lutheran HS &amp; Agnesian</td>
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<td>Course</td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>9:30 Ladies Golf League at</td>
<td>10:00 Hiking</td>
<td>9:00 Hearing Screenings and Hearing Aid</td>
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<tr>
<td>10:00 Washer Box League</td>
<td>10:00 Singing</td>
<td>Oakgreen Golf Course</td>
<td>10:00 Scubaquming</td>
<td>Cleaning</td>
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<td>1:00 Euchre</td>
<td>10:00 AMP—Community Engagement</td>
<td>10:00 Video Chair Exercise</td>
<td>12:30 Bridge</td>
<td>9:00 Self Defense Class</td>
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<tr>
<td>1:00 Recreational Euchre</td>
<td>12:30 Bridge</td>
<td>12:30 Hand &amp; Foot</td>
<td>12:30 Bridge</td>
<td>1:15 Sheephead</td>
</tr>
<tr>
<td>1:00 Poker</td>
<td>12:30 Canasta</td>
<td>12:30 Mahjong</td>
<td>1:30 Game Day</td>
<td>1:30 Game Day</td>
</tr>
<tr>
<td>1:15 Sheephead</td>
<td>1:00 Stitchery Group</td>
<td>1:00 Movie—Collateral Beauty</td>
<td>2:30 Umbrella Brigade@Woodlands</td>
<td></td>
</tr>
<tr>
<td>5:30 Zumba Gold</td>
<td>1:00 Recreational Sheephead</td>
<td>1:00 Cribbage</td>
<td>9:00 Wine Glass Painting Class</td>
<td></td>
</tr>
<tr>
<td><strong>12</strong></td>
<td>1:00 Genealogy Group</td>
<td>3:30 Melodies and Memories Choir</td>
<td>5:45 TOPS #0566</td>
<td></td>
</tr>
<tr>
<td>9:00 Low Impact Chair Exercise</td>
<td>1:15 Sheephead</td>
<td>7:30 Sunset Stitchers</td>
<td>7:00 Sunset Stitchers</td>
<td></td>
</tr>
<tr>
<td>9:00 Woodcarving Club</td>
<td></td>
<td>Happy Travelers Trip—”Tommy Gun’s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 Ladies Golf League at Oakgreen Golf</td>
<td></td>
<td>Garage” Interactive Dinner Show</td>
<td></td>
<td><strong>Sunday</strong></td>
</tr>
<tr>
<td>Course</td>
<td></td>
<td></td>
<td></td>
<td>11 Sheephead</td>
</tr>
<tr>
<td>10:00 Washer Box League</td>
<td></td>
<td>Happy Travelers Trip Leaves for</td>
<td>10:00 Wine Glass Painting Class</td>
<td>1:30 Game Day</td>
</tr>
<tr>
<td><strong>13</strong></td>
<td></td>
<td>Niagara Falls &amp; Toronto</td>
<td>5:45 TOPS #0566</td>
<td></td>
</tr>
<tr>
<td>9:00 Low Impact Chair Exercise</td>
<td></td>
<td></td>
<td>7:00 Sunset Stitchers</td>
<td></td>
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<tr>
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<td></td>
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<tr>
<td>Course</td>
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<tr>
<td>10:00 Washer Box League</td>
<td></td>
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</tr>
</tbody>
</table>

Other activities include:
- **Card Drumming**: 3:15
- **Senior Dining-Paddy’s Social at 5:30**
- **Scubaquming**: 10:00
- **Woodlands**: 10:30
- **Tower View**: 10:00
- **AARP Board Meeting**: 9:00
- **Red Hat at Schreiners**: 9:00
- **Hand Chimes at Woodlands**: 9:30
- **Ladies Golf League at Oakgreen Golf Course**: 9:30
- **Jam Session - All**: 10:00
- **Keep Your Feet Happy**: 10:00
- **Friday Flicks with the Grandkids—Moena**: 1:00
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Bridge</td>
</tr>
<tr>
<td>10:15</td>
<td>Bingo-Sponsor: Harbor Haven</td>
</tr>
<tr>
<td>10:30</td>
<td>Mahjong</td>
</tr>
<tr>
<td>10:45</td>
<td>Group Play</td>
</tr>
<tr>
<td>11:00</td>
<td>Draw &amp; Watercolor class</td>
</tr>
<tr>
<td>11:15</td>
<td>MPTC - Which Smart Phone is Right for you</td>
</tr>
<tr>
<td>11:30</td>
<td>Cardio Drummimg</td>
</tr>
<tr>
<td>11:45</td>
<td>Coin Club</td>
</tr>
<tr>
<td>12:00</td>
<td>Winnebago Woodworkers</td>
</tr>
<tr>
<td>12:15</td>
<td>Senior Dining Blanck's Social at 5:30</td>
</tr>
<tr>
<td>13:00</td>
<td>Bridge</td>
</tr>
<tr>
<td>13:15</td>
<td>Bingo-Sponsor: The Meadows</td>
</tr>
<tr>
<td>13:30</td>
<td>Mahjong</td>
</tr>
<tr>
<td>13:45</td>
<td>Group Play</td>
</tr>
<tr>
<td>14:00</td>
<td>Draw &amp; Watercolor class</td>
</tr>
<tr>
<td>14:15</td>
<td>Movie - Hidden Figures</td>
</tr>
<tr>
<td>14:30</td>
<td>Recreational Sheepshead</td>
</tr>
<tr>
<td>14:45</td>
<td>Genealogy Group</td>
</tr>
<tr>
<td>15:00</td>
<td>Sheepshead</td>
</tr>
<tr>
<td>15:15</td>
<td>Community Cares Cookies &amp; Chat</td>
</tr>
<tr>
<td>15:30</td>
<td>Wed Night Dance</td>
</tr>
<tr>
<td>16:00</td>
<td>Bridge</td>
</tr>
<tr>
<td>16:15</td>
<td>Bingo-Sponsor: Lincoln House</td>
</tr>
<tr>
<td>16:30</td>
<td>Mahjong</td>
</tr>
<tr>
<td>16:45</td>
<td>Group Play</td>
</tr>
<tr>
<td>17:00</td>
<td>Draw &amp; Watercolor class</td>
</tr>
<tr>
<td>17:15</td>
<td>Movie - Hidden Figures</td>
</tr>
<tr>
<td>17:30</td>
<td>Recreational Sheepshead</td>
</tr>
<tr>
<td>17:45</td>
<td>Genealogy Group</td>
</tr>
<tr>
<td>18:00</td>
<td>Sheepshead</td>
</tr>
<tr>
<td>18:15</td>
<td>Stamp Club</td>
</tr>
<tr>
<td>18:30</td>
<td>Wed Night Dance</td>
</tr>
<tr>
<td>19:00</td>
<td>Happy Travelers Trip-Fireside</td>
</tr>
<tr>
<td>20:00</td>
<td>Newsletter Assembly</td>
</tr>
<tr>
<td>21:00</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>22:00</td>
<td>Hiking</td>
</tr>
<tr>
<td>23:00</td>
<td>Scamp</td>
</tr>
<tr>
<td>24:00</td>
<td>Hand Chimes</td>
</tr>
<tr>
<td>01:00</td>
<td>Ladies Golf League Advanced Planning</td>
</tr>
<tr>
<td>02:00</td>
<td>Funeral Home</td>
</tr>
<tr>
<td>03:00</td>
<td>Video Chair Exercise</td>
</tr>
<tr>
<td>04:00</td>
<td>Bike Ride-FDL Loop</td>
</tr>
<tr>
<td>05:00</td>
<td>AARP Picnic-NFDL</td>
</tr>
<tr>
<td>06:00</td>
<td>Hand &amp; Foot</td>
</tr>
<tr>
<td>07:00</td>
<td>Canasta</td>
</tr>
<tr>
<td>08:00</td>
<td>Movie - Hidden Figures</td>
</tr>
<tr>
<td>09:00</td>
<td>Recreational Sheepshead</td>
</tr>
<tr>
<td>10:00</td>
<td>Genealogy Group</td>
</tr>
<tr>
<td>11:00</td>
<td>Sheepshead</td>
</tr>
<tr>
<td>12:00</td>
<td>Stamp Club</td>
</tr>
<tr>
<td>13:00</td>
<td>Wed Night Dance</td>
</tr>
<tr>
<td>14:00</td>
<td>Happy Travelers Trip-West of the Lake Gardens</td>
</tr>
</tbody>
</table>

Don't forget to renew your Friend's Membership for 2017

Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple store Gift Cards.

Billiard Room open daily for open pool

Gift Shop is open: 10-4 Monday-Friday and 4-6 Thursday
Reach the Senior Market
ADVERTISE HERE

Contact Peter Van Doren to place an ad today!
pvandoren@4Lpi.com or (800) 950-9952 x2631

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Ages 62+ and/or disabled
• Nice 1 bedroom apartments
• Rent is 30% of monthly adjusted income
• All utilities included • Community Room • Elevator available
• Laundry room on each floor
• 1 pet allowed (size restrictions apply) with pet deposit
• Professional Management • Social Service Coordinator

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www.megléi.com

Turn 65 Soon?
Find out about Medicare options at Network Health

Call your local agent.
Jennifer Palubicki
Insurance Services Done Rite, Inc.
2293 Redtail Drive Neenah WI 54956
920-450-0685
www.insuredonerite.net

Network Health Medicare Advantage plans include MSA and PPO plans with a Medicare contract. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. Calling the number listed above will direct you to a licensed insurance agent/broker. If you have questions, please call Network Health customer service at 800-378-5234 (TTY users call 800-947-3539)

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Excellence Through Senior Advocacy
Leading Provider of Home Health • Nursing • Rehabilitation

Call us today at (920) 922-8098

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GET MORE.

Get more benefits than you’re currently getting from Original Medicare with a UnitedHealthcare Dual Complete® (HMO SNP) plan. It combines your doctor, hospital and prescription drug coverage into one plan— for a 50% plan premium.**

Additional benefits may include:

- Dental Coverage
- $1,500 toward dental services.
- Health Products Catalog
- Up to $200 in credits to buy things you may need.
- Vision Coverage
- $15 annual exam and $50 credit every 2 years for eyewear.
- Gym Membership
- At no additional cost to you.

Call today to enroll or get answers to your questions.
Joseph Medinger Jr
Licensed Sales Agent
920-321-8835, TTY 711

UHCCommunityPlan.com/WI

Plains are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan’s contract renewal with Medicare. This plan is available to anyone who has both Medicare Assistance from the State and Medicare. This information is not a description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/coinsurance may change on January 1 of each year. Premiums, deductibles, co-insurance and out-of-pocket costs may vary based on the level of Extra Help you receive. Please contact the plan for further details. **You must continue to pay your Medicare Part B premium. If not otherwise paid for under Medicaid or by another third party. UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, you can call 1-800-277-4716 (TTY: 711). You can also contact a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your EOB for coverage of more details. SilverSneakers are registered trademarks of Healthways, Inc. and/or its subsidiaries. © 2016 Healthways, Inc. All rights reserved.

For ad info. call 1-800-950-9952 • www.4lpi.com

Friends of Fond du Lac Sr. Center, Fond du Lac, WI
D 4C 01-1122
The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. 

**HOW TO REGISTER:** Register at MPTC in person (use the C-1 Entrance) or by phone at (920) 922-8611 or 1-800-472-4554.

### WHICH SMART PHONE IS RIGHT FOR YOU

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>DAY</th>
<th>DATE</th>
<th>DAYS</th>
<th>TIME</th>
<th>TOTAL</th>
<th>INSTRUCTOR</th>
<th>COST (62+)</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>103-665-10202</td>
<td>T</td>
<td>June 13, 2017</td>
<td>1 day</td>
<td>1:00pm-2:55pm</td>
<td>2 hours</td>
<td>K. Kraft</td>
<td>$12.60</td>
<td>$15.30</td>
</tr>
</tbody>
</table>

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 case, we will compare the features of the top brands on the market and determine which smart phone is right for you.

### ANDROID TABLET BASICS

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>DAY</th>
<th>DATE</th>
<th>DAYS</th>
<th>TIME</th>
<th>TOTAL</th>
<th>INSTRUCTOR</th>
<th>COST (62+)</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>103-697-10204</td>
<td>R</td>
<td>June 22, 2017</td>
<td>1 day</td>
<td>9:00am-11:55am</td>
<td>3 hours</td>
<td>K. Kraft</td>
<td>$20.70</td>
<td>$26.10</td>
</tr>
</tbody>
</table>

Explore the basic functions of the Android tablet. Become familiar with the controls, settings and downloading app features of your Android tablet. Bring a fully charged Android tablet to class. Please bring your log-in information and passwords to class.

### ANDROID TABLET II

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>DAY</th>
<th>DATE</th>
<th>DAYS</th>
<th>TIME</th>
<th>TOTAL</th>
<th>INSTRUCTOR</th>
<th>COST (62+)</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>103-698-10205</td>
<td>R</td>
<td>June 29, 2017</td>
<td>1 day</td>
<td>9:00am-11:55am</td>
<td>3 hours</td>
<td>K. Kraft</td>
<td>$20.70</td>
<td>$26.10</td>
</tr>
</tbody>
</table>

This course will help you get the most out of your Android tablet by expanding the information you learned in the basics class. Learn more about pre-installed apps, data management, camera, contacts, email and more. Bring a fully charged Android tablet to class. Please bring your log-in information and passwords to class.
Happy Travelers
Be a Happy Traveler... We’re going places!

Happy Travelers’ Office 322-3635/322-3633
happytravelers@fdl.wi.gov
Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are $10 for a single and $15 for a married couple.

Reminders:
- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.

TRIP PREVIEW
Tuesday, June 20 at 10 AM

HIGHLIGHTS
8 Days • 13 Meals
- Abraham Lincoln Presidential Museum and Home
- Vicksburg National Military Park
- Ruins of Winsor Plantation
- Slanton Hall, a Greek Revival mansion
- Morgan Freeman’s Ground Zero Blues Club & MORE!

Please call the Front Desk at 322-3630 to sign up!

TOMMY GUN’S GARAGE
Thursday, June 8

Join us as we get a glimpse of what it was like back in the 1920’s when gangsters ruled the Chicago area. See the bygone era that defined Chicago. Names like Al Capone, Lucky Luciano, Frankie Yale, Johnny Torrio, and “Big” Jim Colosimo were household names. From bootlegging and prostitution, knives and guns, notorious street gangs and family-run crime organizations. Be part of this interesting interactive dinner show. Learn a new language: So what’s the Beef, get on the Horn and reserve your seat today, it won’t cost ya a big Wad. Don’t be a Patsy or you may end up in Bracelets and in the Jug. Bring your camera for a Mug Shot with the Bucket!

There will be time to explore the City of Chicago - shop the Magnificent Mile

$127 Dinner Included (that’s only 6 Double Sawbucks, a Fin and two bills)
Happy Travelers
Be a Happy Traveler... We’re going places!

Wisconsin State Fair
Wednesday, August 9
$52 DT

See what is new at the State Fair
Over 200 concession stands, 86
different “food on a stick,” exhibits
including textile, craft, culinary and
Agriculture / livestock.
Don’t forget about cream puffs!
Sign up today!

5 Blue Haired Ladies
Sitting on a Green Park Bench
Memories Theater; Port Washington
Tuesday, August 15
$85 IN

Age is just a number! Laughter is the best
medicine—come join us as we laugh off the years
with this fast witted comedy where the ‘Grim
Reaper” isn’t so grim—It’s like Sex and the City on
Sanatogen.
Don’t miss out on this great show!

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

Day Trips:
Back to the 50’s w/ Steve Watts $105 IN
Wednesday, June 21; 8:15 a.m. to 6:00 p.m.
Timber Rattlers $40 DT
Tuesday, June 21; 10:30 a.m. to 4:00 p.m.
West of the Lakes Gardens $76 IN
Thursday, June 29; 8:30 a.m. to 5:30 p.m.
Crock of Schnitzel $85 IN
Tuesday, July 11; 10:45 a.m. to 5:30 p.m.

Arlington Horse Races $70 DT
Thursday, July 20; 7:30 a.m. to 9:45 p.m.
We need 10 more people!
Oneida Casino $60 IN
Wednesday, August 23; 10:30 a.m. to 6:30 p.m.

Extended Trips:
SS Badger, Ford Museum & Frankenmuth
4 Days, Wednesday-Saturday, August 2-5
$575 double; 5 meals included!

Activity Levels

E Easy: Easy programs involving minimal walking
and not too many stairs
M Moderate: Expect to walk up to a mile a day or to
stand for an extended period of time
A Active: You will likely walk as much as two miles
a day and potentially climb stairs

Reminders:

• For travelers who signed up for the
Yellowstone & Glacier Adventure Tour:
the document meeting will be on
Monday, June 19 at 1:30 p.m.—make
sure you have all your needed
documents!
• Please bring your deposit receipt with
you when making your final payment.
It’s very helpful and saves time.

www.Facebook.com/FondyHappyTravelers
**Ongoing Activities**

**SERVICES AVAILABLE**
- Free computer/Internet access for Friends members
- 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
- FDL County Department of Senior Services Dining Program.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

---

**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, sponsors and everyone who came out and purchased brats and burgers!

---

**Rienzi Cemetery, Chapel & Mausoleums**

Rae Nell Halbur, Family Service Counselor

6101 Highway K • Fond du Lac, WI 54937
920-922-4543
Email: rienzi@js.com • www.rienzicemetery.com

Make your final resting place part of Fond du Lac History at Rienzi.
Find us on Facebook

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**Twohig Funeral Home**

www.twohigfunerals.com

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport
920-921-0960 920-533-4422

Cost conscience funeral services from full services to cremation
Robert J. Twohig Casey W. Twohig

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**JERRY TIGHE ROOFING CO. INC.**

922-7246

Dean Tighe, Owner

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**ManorCare HEALTH SERVICES**

“Getting you back to Active”
265 S National Ave., Fond du Lac, WI 54935
920.922.7342 hcr.manorcare.com

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**HAVING THE GRANDKIDS OVER?**

Any 2 Medium Pizzas for $8.99 Each

MUST PURCHASE 2 • CARRY OUT ONLY

Valid at Fond du Lac location only. Some restrictions apply. Extra cheese is an additional charge. Price subject to change without notice. Not valid with any other offer, online ordering or with Gluten Free Crust. Delivery where available and changes may apply.

---

**Pizza Ranch**

FOND DU LAC
1235 W JOHNSON ST.
920-929-8800

NOW HIRING PART-TIME SENIORS

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**BUY ONE SENIOR PRICED BUFFET AT REGULAR PRICE, GET $1.00 OFF THE 2ND**

LIMIT 1 Valid at Fond du Lac location only. Some restrictions apply. Not valid with any other offer. Price subject to change without notice.
Summertime, Summertime!

It’s time to open your cottage!
Let us help you freshen your décor...

Also, don’t forget Father’s Day—Sunday, June 18th. We have a great selection for all the men in your life!

Watch for our Christmas in July sale next month!

Monday—Friday 10 a.m.—4:00 p.m., Thursday evenings 4—6 p.m.
151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3638
Open to the public—Located inside the Fond du Lac Senior Center

https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac
BINGO
50¢ for 2 cards
Tuesdays at 1:00 p.m.
Thanks to our Bingo Sponsors who provide prizes, treats, and caller.
1st Tuesday: Fond du Lac Lutheran Home
2nd Tuesday (even months): Harbor Haven
2nd Tuesday (odd months): Manor Care
3rd Tuesday (odd months): Almost Family
3rd Tuesday (even months): The Meadows
4th Tuesday (odd months): Rehab Arisces
4th Tuesday (even months): Lincoln House
5th Tuesday: Visiting Angels

RACK & FOOT (Card Game)
Wednesdays at Noon

POKER
Mondays at 1:00 p.m.

SHEEPSHEAD
$1.50 Mondays at 1:15 p.m.
Jack of Diamonds
Wednesdays & Fridays at 1:15 p.m.
Black Queens

RECREATIONAL SHEEPSHEAD
Wednesdays at 1 p.m.

SKAT
Thursdays at 8:00-11:30 a.m.

chorus
Red Hat Honeys
Fridays at 10:00 a.m.
(June-July: No Regular Sessions)
Melodies & Memories Choir
2nd Thursday at 3:30 p.m.

COIN CLUB
2nd Tuesday at 6:00 p.m.

DANCES
$4.00 donation
Wednesday 7:30-9:30 p.m.
Call MaryAnn at 920-960-5850 for info.

GAME DAY
Fridays at 1:30 p.m.

GERMAN CLUB
Mondays at 1:00 p.m.
(No Meetings in June-August)

GENEALOGY
Wednesdays at 1:00 p.m.

HANDCHIME CHOIR
Wednesdays / Thursdays at 9:00 a.m.

JAM SESSION
2nd & 4th Wednesdays at 10:00 a.m.

Mahjong
Tuesdays at 1:00 p.m.
Thursdays at 12:30 p.m.

Pool
Open Pool daily during the summer

BOOK CLUB
Monday, June 19
9:30 a.m.
THE GIRLS FROM AMES: A STORY OF WOMEN AND A FORTY-YEAR FRIENDSHIP
The girls, now in their forties, have a lifetime of memories in common, some evocative of their generation and some that will resonate with any woman who has ever had a friend. The Girls from Ames demonstrates how close female relationships can shape every aspect of women's lives-their sense of themselves, their choice of men, their need for validation, their relationships with their mothers, their dreams for their daughters-and reveals how such friendships thrive, rewarding those who have committed to them. With both universal events and deeply personal moments, it's a book that every woman will relate to and be inspired by.

CARD GAMES

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.

CRIBBAGE
Thursdays at 1:00 p.m.

REC & REG EUCHRE
Mondays at 1:00 p.m.

SHOOTS 
Mondays at 12:30 p.m.

POKER
Mondays at 1:00 p.m.

SHEEPSHEAD
$1.50 Mondays at 1:15 p.m.
Jack of Diamonds
Wednesdays & Fridays at 1:15 p.m.
Black Queens

RECREATIONAL SHEEPSHEAD
Wednesdays at 1 p.m.

SKATING
Thursdays at 8:00-11:30 a.m.

chorus
Red Hat Honeys
Fridays at 10:00 a.m.
(June-July: No Regular Sessions)
Melodies & Memories Choir
2nd Thursday at 3:30 p.m.

COIN CLUB
2nd Tuesday at 6:00 p.m.

DANCES
$4.00 donation
Wednesday 7:30-9:30 p.m.
Call MaryAnn at 920-960-5850 for info.

GAME DAY
Fridays at 1:30 p.m.

GERMAN CLUB
Mondays at 1:00 p.m.
(No Meetings in June-August)

GENEALOGY
Wednesdays at 1:00 p.m.

HANDCHIME CHOIR
Wednesdays / Thursdays at 9:00 a.m.

JAM SESSION
2nd & 4th Wednesdays at 10:00 a.m.

Mahjong
Tuesdays at 1:00 p.m.
Thursdays at 12:30 p.m.

Pool
Open Pool daily during the summer

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

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.

STAMP CLUB
3rd Wednesday at 7:00 p.m.
(except March, July and December)

STITCHERY
Tuesdays at 1 p.m.

TOPS (Take Off Pounds Sensibly)
Chapter #0566
Thursdays at 5:45 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.
(No Meetings in June-August)
The Memories Writers meet to share and preserve life experiences and family history. New members welcome!
Summer Bash!

Summer Social, Annual Raffle & 50th Anniversary Celebration

Wednesday, August 30 at 3 p.m. to 6 p.m.  
Lakeside Park Pavilion

Come be part of the fun and hear first hand who wins our raffle prizes!  
*This is a free event and open to the public!*

Come watch ELVIS live 
as entertainment!!!

Over $4,500 in CASH and 
PRIZES to be awarded!
**Community Announcements**

**AARP Driver Safety**

Come to our Center and take the AARP Driver Safety class.
- Refresh your driving skills and know the new rules of the road.
- Learn about normal age-related physical changes and how to adjust your driving to allow for these changes.
- Learn research-based driving strategies to help you stay safe behind the wheel. Reduce traffic violations, crashes, and chances for injury.
- Classroom only, no driving involved.
- No tests to pass.

Fond du Lac Senior Center
Thursday, June 8
8:00 a.m. registration
8:15 a.m.—12:15 p.m. class

$15 for AARP members (bring your card)
$20 for non-members

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**Advance Planning**

Kurki-Mach Funeral Chapel & Crematory

**Advance Planning**
Wednesday, June 21
10:00 to 11:30 a.m.

Join us for an informational session at our Center about pre-planning for funerals and its advantages. Bring your questions because our speakers will have answers!

*No registration necessary. We hope to see you there!*

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**Agnesian Topic:**

**Keeping Your Feet Happy**

Thursday, June 15 at 10 a.m.
Fond du Lac Senior Center

Your feet must last a lifetime, and most Americans log an amazing 75,000 miles on their feet by the time they reach age 50. Regular foot care can make sure your feet are up to the task. With proper detection, intervention and care, most foot concerns can be lessened or prevented. Join Laura Suprenand, APNP, podiatry nurse practitioner, for a discussion about the most common foot issues, and how many of them can be avoided with just a little daily tender loving care. In addition, learn the importance of regular foot checks and when you should see your healthcare provider.

*No registration required. Just stop in!*

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**Support Groups**

**Alzheimer’s Support Group**
Thursday, June 22; 6:30—7:30 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

**Diabetic Support Group**
Tuesday, June 20; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

**Local Parents of Angels**
Thursday, June 1 & 15; 6:00-8:00 p.m. (1st & 3rd Thursdays)
Fond du Lac Senior Center, 151 E. First Street ~ Room 1

*The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!*

**Parkinson’s Support Group**
Monday, June 12; 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

**Prostate Cancer Support Group**
Tuesday, June 13; 8:30 a.m. (2nd Tuesday)
Rolling Meadows Family Restaurant
947 S. Rolling Meadows Drive

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**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.
Community Announcements

THE LONGEST DAY IS ALL ABOUT LOVE

June 21st, 2017

Love for all those affected by Alzheimer's disease.

For those facing Alzheimer’s, every night and day are the longest! Show them they are not alone by participating in The Longest Day—a tribute event to honor those facing Alzheimer’s disease.

- Manor Care will be holding a Carnival in the Courtyard for caregivers, residents and volunteers.
- Lakeview Place will be having a brat fry, outdoor games, coloring and crafts, a sip and paint and entertainment.
- Alzheimer’s Association is asking people to “Go Purple in June!” for Alzheimer’s & Brain Awareness Month.

Living Well With Chronic Conditions

Wednesdays, June 7 to July 19, 2017
1:00 p.m. to 3:30 p.m.
Located at MPTC, 235 N. National Ave

You will learn how to:
* Find practical ways to deal with pain and fatigue
* Lessen your frustration
* Discover better nutrition choices
* And much more

Registration is required, as space is limited.
To register, please call the Fond du Lac County Senior Services at (920) 929-3114.

Living With Moderate Dementia

For family caregivers of persons with moderate Alzheimer’s disease or a related form of dementia

Three consecutive Wednesdays:
June 28, July 5 & 12, 2017
Aging & Disability Resource Center
50 N. Portland Street
Fond du Lac, WI 54935

This three part program includes many topics for caregivers of individuals with moderate Alzheimer’s disease or a related form of dementia. Topics to be covered include understanding the symptoms and care needs, understanding relationship changes, learning ways to maximize safety, preparation for emergencies and learning how to get respite care. Effective strategies will also be discussed regarding personal care and managing challenging behaviors.

Pre-registration is required. Please contact Deborah Klement at 800-272-3900.
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 for the 2017 calendar 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 (with apt #) 
CITY, STATE, ZIP 
PHONE NUMBER 
BIRTHDATE (optional) 
E-MAIL (absolutely confidential) 

☐ I’D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE

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 2017 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 our Center and is much appreciated. You will receive a 2017 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 our 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 2017 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.

☐ 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 can be paid at the same time as the Friends membership. 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 2017 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 2017 Newsletter ____________________ Card File ____________________ Computer
Fond du Lac Senior Center
151 E. First Street
Fond du Lac, WI 54935

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.