

Among Friends



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

APRIL 2016

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

Aging Mastery Program

Join the adventure!



Aging Mastery Program®

National Council on Aging



1st time offered in Wisconsin!

Live Better with the Aging Mastery Program!

Baby boomers and older adults ages 55+ are invited to attend Aging Mastery Program's (AMP) fun, engaging classes. During the 10-week course you'll track yourself to earn incentives and rewards. At the end, you'll have a new group of friends and graduate as an AMP alumnus!

As part of AMP, you'll make and maintain small but important changes in aspects of three key parts of your life:

- Physical Health
- Financial Health
- Life Enrichment

Attendees of the first course will receive a \$75 scholarship, bringing the \$100 per person cost down to \$25. See page 5 for more details.



10 Wednesdays May 4 thru July 6; 1:30—3:00 p.m.
Limited spots available - Sign up now!
Call 322-3640.





A Free Monthly Publication
Vol. 7 • No. 4

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Fond du Lac Senior Center

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



My family always teases me this time of year because I start walking around the yard and get so excited when I see something growing. I fancy myself to be a gardener, but most of the time the weeds grow as successfully as the plants that I put there on purpose. My Grandpa always used to say that a weed is just a plant that is out of place, which I have embraced as my gardening philosophy – if it flowers, I enjoy it.



When I had my first house with a yard, I spent many winter nights drawing out my garden and looking at seed catalogs. It was an early spring and I was excited to get the seeds in the ground - until May 10th - when we received several inches of snow. My plants were already out of the ground, so I frantically called my Grandpa and asked what to do. His response was that a spring snow was considered “poor man’s fertilizer” and that my garden would benefit from Mother Nature’s help – and he was right. My garden that year grew like crazy.

The whole garden planning process is as much fun for me as the actual gardening. Getting a seed catalog in the mail is like getting the old Sears and J.C. Penney catalogs before Christmas – so much fun to look at and dream of the possibilities! The interesting thing about gardening is that all of the planning and planting take place quite a while before you actually can enjoy the benefits.

Life is the same in many ways. A lot of the things we do benefit us down the road, whether it is things like financial planning or exercising and eating right, oftentimes we don’t see the results of our work until some time has passed. The important thing is that we keep moving forward, even if the results aren’t immediate.

I talked last month a little bit about the Aging Mastery Program – classes and activities that are designed to help you take advantage of the gift of longevity. This program is like our own little garden. The work will be done in the classes but the hope is that the results will last a lifetime. The Aging Mastery Program is just one of dozens of things that we offer that we hope bring the flowers to your life’s garden.

And speaking of your life’s garden, I really enjoyed the sentiment of this quote:

“Your mind is a garden, Your thoughts are the seeds, You can grow flowers or You can grow weeds.”

Enjoy the beginning of Spring!

Cathy

BRAT FRY TIME!

Come to the FDL Piggly Wiggly and enjoy a delicious brat or burger and support the Senior Center!



1st Weekend 10 a.m.—6 p.m. Friday, April 29 Saturday, April 30 Sunday, May 1	2nd Weekend 10 a.m.—6 p.m. Friday, May 6 Saturday, May 7	3rd Weekend 10 a.m.—6 p.m. Friday, May 13 Saturday, May 14 Sunday, May 15
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We need LOTS of volunteers for this fundraiser. If you can help serve or grill, please sign up for a 3-hour shift by calling the Senior Center at 322-3630.

Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the May *Among Friends* newsletter is Wednesday, April 6, 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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Programs & Activities

Volunteers are “Souper” Luncheon

Thursday, April 28
11:00 a.m.-2:00 p.m.

If you volunteer at the Center, we'd like to thank you for your help and invite you to attend our Volunteers are Souper Luncheon. Soup, sandwiches and desserts will be served.

Please call 322-3630 to register.

Senior Center volunteers are “Souper”!



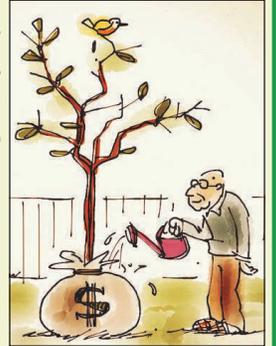
Get your investment questions answered at BAGELS WITH BEN

Tuesday, April 12; 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, April 12 from 9–10 a.m. at the Senior Center.

Free to Attend.

Call 322-3630 to register.
Bagels from The Bagelmeister.



Buzzin' from the Hive with the Red Hat Chorus

We will be entertaining the residents of the Fond du Lac Lutheran Home on Friday, April 8th at 10:30 a.m. singing songs from the 60's and 70's. *Come enjoy the show!*

Do you like to sing and have fun? Consider joining our chorus. That's us on the front cover of this newsletter enjoying a sleigh ride last winter.

RECREATIONAL SHEEPSHEAD

Want a fun, laid back, laughter-filled atmosphere playing sheepshead? Join our Recreational Sheepshead group on Wednesdays at 1:00. Call 920-517-4673 for details.



Artist of the Month

April: Carol McArthur

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!

“Is there Life After Football? Surviving the NFL”

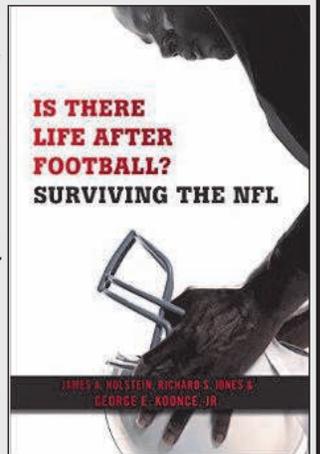
Presented by author Dr. George Koonce
Thursday, April 14; 1:00 p.m.

Dr. George Koonce, Vice President of Advancement at Marian University and former Green Bay Packer, will talk about his life as a Green Bay Packer, his transition into life outside of the NFL, and his book, “*Is there Life After Football? Surviving the NFL.*”

In his book, former football players discuss their lives while playing the sport and also the challenges they face

after their football days are over. From players who make reckless financial investments during their very few high-earning years, to players who struggle to form personal and professional relationships outside of football, the stories in the book put a human face on the realities of professional football.

Call 322-3630 to register for this presentation.



Need help with your smartphone, Kindle, tablet, etc.?



Come to
TECH TYME!

Thursdays, 1:00–3:00 p.m.

Moraine Park Technical College IT Club members are volunteering their time to provide 1-on-1 technology support at the Senior Center. If you have questions on how to use your smartphone, Kindle, tablet, etc., stop in anytime between 1-3 p.m. on Thursdays.

Aging Mastery Program

Join the adventure!



Aging Mastery Program®

National Council on Aging

We are pleased to announce that we will be offering a ten-week health and wellness package to residents 55 and over. The program is called the **Aging Mastery Program®** and was developed by the National Council on Aging (NCOA).

This is a wonderful opportunity for Baby Boomers and older adults to participate in, and reap the benefits of, this cutting edge wellness program. We are currently recruiting 30 adults (ages 55+) to participate in the ten-week educational program.

Be a part of this new movement—1st time offered in Wisconsin!

The goal of this program is to empower older adults to make and maintain small but impactful changes. The classes will explore:

- Navigating Longer Lives
- Sleep
- Financial Fitness
- Advanced Planning
- Falls Prevention
- Physical Activity
- Healthy Eating & Hydration
- Medication Management
- Healthy Relationships
- Community Engagement

For each of these classes, we will provide basic educational materials developed from highly trusted sources, a checklist of potential next steps, and a system for tracking behaviors. Participants will earn points for positive actions and rewards.



10 Wednesdays May 4 thru July 6 from 1:30—3:00 p.m.
\$100 value for only \$25

10 Wednesdays May 4 thru July 6 from 1:30—3:00 p.m.
Limited spots available.
Sign up now!



Programs & Activities



With Sarah Olson the first Friday of each month

Friday, April 1

9:00–10:00 a.m.

Friday, May 6

9:00–10:00 a.m.

Join “Queen” Sarah and your friends at the Senior Center the first Friday of every month from 9-10 a.m. for coffee, donuts, good conversation and a few laughs.



Thursday, April 21; 12:30–1:30 p.m.

Featuring Jess Ellison on the piano

Celebrate Spring and sing along with the music of Jess Ellison. Refreshments will be served and sign up for door prizes provided by Karin Whealon. Come join the fun!

Call 322-3630 to register.

Come Party with Elvis!

Wednesday, April 27

1:30–2:30 p.m.

This is not your typical Elvis show!

Elvis impersonator Alan Graveen will be shaking his hips, serenading the ladies and singing all your favorite Elvis songs.

At the end of the show you will be sad to see “Elvis leave the building”, but will have had a great time and will have memories for years to come.

In addition we’ll be serving some of Elvis’ favorite treats including Peanut Butter Banana finger sandwiches, All Shook Up Chex Mix, cookies, sweet tea, coffee, juice and water.

Sign up for door prizes.

Cost: \$3 per person or free for our walking to Memphis participants.

Call 322-3630 to register.



Euchre –

Somewhere between laughter and laughter, and fun and fun, we play cards. We are always excited to have more players join us on Mondays at 1:00 p.m. Call 920-602-7014 for more information.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY



The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

Spring Thaw at the Fire Escape

Wednesday, April 20; 10:30 a.m.-1:00 p.m.

Fire Escape Art Studio, 428 N Main St., Oshkosh

Let’s get crafty! Decorate a small ceramic mug or small ceramic animal. Our hostess will return one week later to collect your finished art project and return it to you at the Senior Center on Monday, May 2nd. You may select from additional ceramic pieces, larger, more involved pices or just something different for an additional charge. Bag lunch is included.

Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits?

Meet the many faces and levels of health care at this monthly **FREE*** workshop. Be prepared for the aging process and know the resources available to help you stay independent. **Limit 60 participants.**

Call **(920) 322-3630** by **Thursday, April 7, 2016** to reserve your seat!

Thursday, April 14 @ 1:30—3:00 p.m.

Understanding the Legal and Financial Aspects of Aging

Mike Gibbs, Attorney

Topic: Legal Planning for Health & Finance

Teresa Westing, Advanced Funeral Planning Specialist, Uecker Witt Funeral Home

Topic: Funeral Planning: Costs & Preplanning

Deb Winterhack, Generations Home Care & Hospice

Topic: Understanding Five Wishes, Aurora Health Care

Thursday, May 12 @ 1:30—3:00 p.m.

Navigating through the ADRC & City/County Programs

Sandy Tryon, Fond du Lac County ADRC

Topic: Navigating the Aging & Disability Resource Center

Community Cares Inc. and Lakeland Care District

Topic: Navigating & Understanding Family Care

Rick Patton, Department of Veteran Services

Topic: Navigating V.A. Benefits

Julie Hilbert, Benefits Specialist; Fond du Lac County Senior Services

Topic: Insurance after Medicare

Thursday, June 9 @ 1:30—3:00 p.m.

How Can I Stay in My Own Home?

Comfort Keepers

Topic: What is Non-Skilled Home Care?

Deb Winterhack, Generations Home Care & Hospice; Rehab Arices

Topic: What are Medical Home Care Options?

Kathy Kempf, Agnesian Adult Day

Topic: Adult Day Services

Tanya Taylor, Agnesian Health Shoppe

Topic: Durable Medical Equipment

Lori Anderson, Fond du Lac County Senior Services

Topic: Senior Services & Meals on Wheels

Thursday, July 14 @ 1:30—3:00 p.m.

When Home is No Longer an Option

Ann Calnin, Residential Services, Inc.

Topic: What is Assisted Living?

Tina Hittman, ManorCare; Jody Goebel, Harbor Haven

Topic: What is Skilled Nursing & Rehabilitation,
How do I pay for it?

Thursday, August 11 @ 1:30—3:00 p.m.

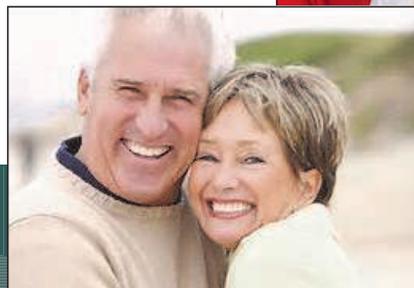
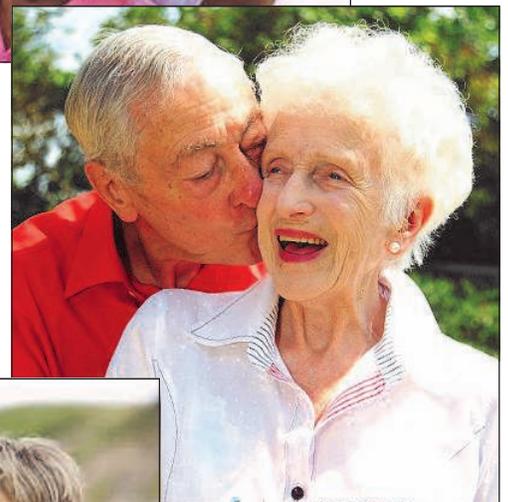
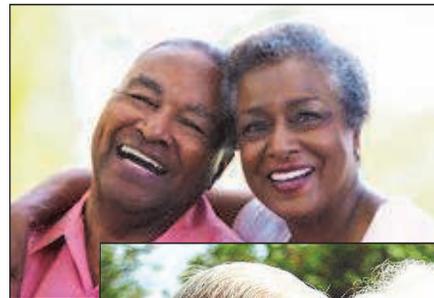
Who will Be my Voice?

Deb Winterhack, Generations Home Health & Hospice;

Bryan Johnson, Heartland Hospice

Topic: Understanding End of Life Choices:

The role of hospice & passing the torch



*Participants must attend all sessions.



**Senior Wellness
Coalition**

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.

April 18 *Driven*

by Donald Driver

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Arlene Love at 922-5668.

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.

COIN CLUB

2nd Tuesday at 6:00 p.m.

CLOWN TROUP

1st & last Wednesdays at 11:00 a.m.

DOMINOES

Fridays at 1:00 p.m.

EUCHRE

Mondays 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.

GERMAN CLUB

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

9-Ball Weds.

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 for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, April 7 at Pizza Ranch

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 Wednesdays 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, April 15

Blanck's Lake Aire

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.

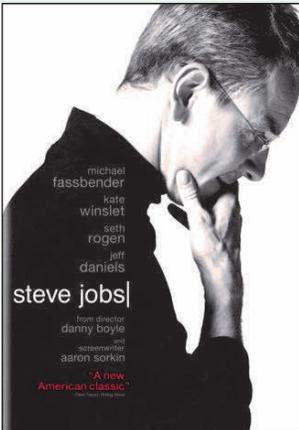
WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

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



“Steve Jobs”

Thursday, April 7 and Wednesday, April 20

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

April 7 Menu: Orange chicken, baby red potatoes, mixed vegetables, birthday cake, honeydew melon, dinner roll

April 20 Menu: Teriyaki chicken breast, baked potato, peas and carrots, coconut cream pie, pineapple tidbits, sliced bread

2015 movie; 1 hr 58 mins; R; Starring: Michael Fassbender, Kate Winslet, Seth Rogen

Steve Jobs takes us behind the scenes of the digital revolution, to paint a portrait of the man at its epicenter. The story unfolds backstage at three iconic product launches, ending in 1998 with the unveiling of the iMac.

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.

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

Next session: April 5—May 24 \$45

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

For more information, call 322-3630.

Bike Rides are Back!

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



Our first ride of the season will be Tuesday, April 12. Meet the gang at 10:00 a.m. at the Lake DeNeve Shelter at Lakeside Park to do a partial ride on the Fond du Lac Loop (approximately 10 miles). Please call 322-3630 to register. 50¢ donation. Bring money for lunch. Cancellations on ride day call Larry at 960-9100. Rain date April 19.

CHAIR EXERCISE CLASSES

LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.

Men & Women Welcome!



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: Lake View Place

Friday, April 8; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, April 8; 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, April 8; 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, May 10; 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, April 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, April 26; 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, May 10; 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, April 28; 6:30—8:00 p.m. (4th Thursday)

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

DIABETIC SUPPORT GROUP

Tuesday, April 19; 4:00—5:00 p.m. (3rd Tuesday)

Aurora Health Care Center, 210 American Drive

~ American Room

PARKINSON'S SUPPORT GROUP

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

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, April 12; 8:30 a.m. (2nd Tuesday of the month)

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

GLUTEN FREE SUPPORT GROUP

Thursday, April 21; 9:30—10:30 a.m.

Festival Foods Conference Room, 125 E. Johnson St., FDL



Cardio Drumming Mondays 3–4 p.m.

8 classes for \$24
(no class April 4)

Give us a try! Your first class is free!

Cardio drumming brings the fun back into fitness! Drumming classes provide effective workouts for every fitness level. Pounding drumsticks on exercise balls and clinking them overhead to music releases stress and is a great full-body workout.

One of the best reasons to drum is that anyone can do it...there is no wrong or right way to drum. Just come and have fun!

Purchase a punch card good for 8 classes for \$24.
Call 322-3630 for details!



INDOOR PICKLEBALL Now available at the Center!

It's great exercise and lots of fun! Call Sarah at 322-3641 to schedule a time to play.

Are you ready to make a difference?

Senior Outreach Volunteer Information Session

Monday, April 11 beginning at 10 a.m.

Learn more about volunteer opportunities available in our Outreach Program and discover how volunteering can improve your life as well as others!

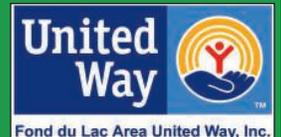


- **Community Cares:** Visit a nursing home or assisted living facility along with other volunteers once a month.
- **Caring Companions:** Spend an hour a week visiting a companion you've been matched with. We provide training and support.
- **Senior Center Friendly Visits:** You choose the time to visit, we provide training and support.
- **Telephone Reassurance Calls:** Phone housebound seniors.

Call Sarah at 322-3641 to register and learn the health benefits of volunteering!

Senior Outreach Program

Reaching Out – Touching Lives



Community Cares



Volunteers will visit **ManorCare, 265 S. National Avenue, Fond du Lac, Tuesday, April 26, 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, April 7 at 9:00 a.m.** to provide each other support, address any concerns and share success stories.



At **10:00 a.m. Dr. Gayle Martin** from Dynamic Chiropractic will be here speaking to volunteers about stress and how to take care of yourself.

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

April

Monday

Tuesday

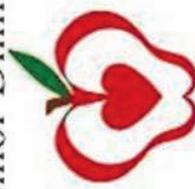
Wednesday

Thursday

Friday

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 Senior Dining by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk
o r w e b s i t e :
fdlseniorcenter.com



Fellowship, Food & Fun

Brat Fry at Piggly Wiggly
 10:00-6:00 Weekends of
 4/29, 5/6 and 5/13

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

Don't forget to renew your Friend's Membership

Gift Shop is open

10-2 Monday-Friday

4-7 Thursday

3rd Saturday 10-2

Open Pool daily except during league playing time.

OFFSITE SUPPORT GROUPS

4/11 10:00 Parkinson's Support Group- Aurora Health Care

4.12 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant

4/19 4:00 Diabetic Support Group at Aurora Health Care Center

****All Orange Events are held Offsite**



Indoor Pickle Ball
 Call 322-3630
 To reserve a court

4

9:00 Low Impact Chair Exercise

9:00 Woodcarving Club

1:00 **Opening Day of Baseball**

1:00 Euchre

1:00 German Club

1:00 Poker

1:15 Sheephead

3:00 Cardio Drumming

5:30 FDL Artist Association

5

8:00 **Tax Aide Appts**

7:00 **Voting—Spring Election**

8:00 Skat

8:30 Pool League 8 Ball

9:00 Tai Chi

10:00 **Hiking**

10:00 Singing

12:30 Bridge

1:00 Bingo-Sponsored by Lutheran Home

1:00 Stitchery Group

6:00 **Winnebago Woodworkers at Horace Mann High School**

6:30 **Senior Dining-Blanck's Supper Club—Johnsburg; Social at 5:30**

11

9:00 Low Impact Chair Exercise

9:00 Woodcarving Club

1:00 Euchre

1:00 German Club

1:00 Poker

1:15 Sheephead

12

8:00 **Tax Aide Appts**

8:00 Skat

8:30 Pool League 8 Ball

8:30 Yoga

9:00 **Bagels with Ben**

9:00 Tai Chi

10:00 **Hiking**

10:00 **Bike Ride-Meet @ Lakeside Park**

6

8:00 **Tax Aide Appts**

8:30 Pool League 9 Ball

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

3:30 Sewing Class

7:30 Wed Night Dance

13

8:00 **Tax Aide Appts**

8:30 Pool League 9 Ball

8:30 SCAMP

9:00 Hand Chimes

9:45 Video Chair Exercise

12:00 Hand & Foot

7

8:00 **Tax Aide Appts**

9:00 Hand Chimes

9:00 Outreach Meeting

10:00 **Hiking**

10:00 Scrapbooking

10:00 Beginning Bridge

12:00 **ROMEO'S -Pizza Ranch**

12:30 **Movie—"Steve Jobs"**

12:30 Bridge

1:00 Tech Tyme

1:00 Flying Geese Quilters

5:45 TOPS #0566

6:00 Country Line Dancing

6:00 Chartastics Scrapbook

Happy Travelers Trip—"Motown the Musical at the Appleton PAC

14

8:00 **Tax Aide Appts**

9:00 Hand Chimes

9:00 Foot Care

10:00 **Hiking**

10:00 Scrapbooking

10:00 Beginning Bridge

12:30 Bridge

8

9:00 **Health Screenings and Hearing Screening and Hearing Aide cleaning**

10:00 Red Hat Chorus

12:30 Wii Bowling

1:00 Dominoes

1:00 Memories Writers Group

1:15 Sheephead

9 **Saturday**

10:00 Beg. Country Line Dance

10 **Sunday**

6:00 Model Railroad

15

10:00 Red Hat Chorus

12:30 Wii Bowling

1:00 Dominoes

1:00 Memories Writers Group

1:15 Sheephead

<p>3:00 Cardio Drumming</p> <p>6:30 FDL Area Writers Club (2nd)</p>	<p>Lake Denevue Shelter</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Singing</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsored by Harbor Haven</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-Wendtt's</p>	<p>1:00 Recreational Sheepsheed</p> <p>1:15 Sheepsheed</p> <p>3:30 Sewing Class</p> <p>6:30 FDL Concert Assoc</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers Trip-"Cheese Heads" (Tour of cheese factories in Monroe, WI)</p>	<p>1:00 George Koonce-Life after the NFL</p> <p>1:30 Finding Your Way Home</p> <p>1:00 Tech Tyne</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitchers</p>	<p>5:00 Supper Club-Blanks</p> <p>Lakeaire; Social 5:00</p> <p>Dinner 5:30</p> <p>16 Saturday</p> <p>8:00 FDL Artist Assoc Workshop]</p> <p>10:00-2:00 Gift Shop Open</p> <p>10:00 Beg. Country Line Dance</p> <p>17 Sunday</p>
<p>18</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:00 MPTC-Computer Basics 1</p> <p>9:30 Book Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepsheed</p> <p>3:00 Cardio Drumming</p>	<p>19</p> <p>8:00 Skat</p> <p>8:30 Pool League 8 Ball</p> <p>8:30 Yoga</p> <p>9:00 MPTC-Is an iPad or Tablet for You</p> <p>9:00 Tai Chi</p> <p>10:00 Voter Registration Info & Sign Up</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Singing</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsored by Generations</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</p> <p>Club Lake Aire; Social at 5:30</p>	<p>20</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes at Villas</p> <p>9:00 MPTC-Computer Basics 1</p> <p>9:45 Video Chair Exercise</p> <p>10:30 Red Hat Honey's Spring Thaw at Fire Escape</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>12:30 Movie-"Steve Jobs"</p> <p>1:00 Recreational Sheepsheed</p> <p>1:15 Sheepsheed</p> <p>3:30 Sewing Class</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>21</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes at Woodlands</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>10:00 Scrapbooking</p> <p>12:30 Spring Fling-Refreshments and Piano music</p> <p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>1:30 AARP</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p> <p>Happy Travelers Trip leaves for Washington DC</p>	<p>22</p> <p>8:00 Tax Aide Volunteer</p> <p>Appreciation Breakfast</p> <p>9:00 Friends Board</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling</p> <p>1:00 Dominoes</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepsheed</p> <p>23 Saturday</p> <p>10:00 Beg. Country Line Dance</p> <p>24 Sunday</p>
<p>25</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:00 MPTC-Computer Basics 1</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepsheed</p> <p>3:00 Cardio Drumming</p>	<p>26</p> <p>8:00 Skat</p> <p>8:30 Pool League 8 Ball</p> <p>8:30 Yoga</p> <p>9:00 Tai Chi</p> <p>10:00 Voter Registration Info & Sign Up</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Singing</p> <p>10:00 Massage</p> <p>12:30 Bridge</p> <p>1:00 MPTC-Excel Basic</p> <p>1:00 Bingo-Sponsored by Lincoln House</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares-Manor Care</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- Capones</p> <p>Social at 5:30</p>	<p>27</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:00 MPTC-Computer Basics 2</p> <p>9:45 Video Chair Exercise</p> <p>11:00 Clown Troop</p> <p>12:00 Hand & Foot</p> <p>1:00 Recreational Sheepsheed</p> <p>1:15 Sheepsheed</p> <p>1:30 Umbrella Brigade</p> <p>1:30 Party with Elvis</p> <p>7:30 Wed Night Dance</p>	<p>28</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>11:00 Volunteer Appreciation Lunch "Volunteers are Souper"</p> <p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>1:00 Setting up a Facebook Profile</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>29</p> <p>10:00-6:00 Brat Fry at Piggly Wiggly</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling</p> <p>1:00 Dominoes</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepsheed</p> <p>30 Saturday</p> <p>10:00-6:00 Brat Fry at Piggly Wiggly</p>

Classes

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 2						*Each student is required to bring a jump drive to class		
103-485-31000	M, W	Apr 27, May 2, 4, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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		
103-490-31002	M, W	May 9, 11, 16, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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.								
COMPUTER BASICS 4						*Each student is required to bring a jump drive to class		
103-491-31003	M, W	May 18, 23, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.								
INTRODUCTION TO TWITTER								
103-683-30788	R	May 19, 2016	1 day	9:00—11:00 a.m.	2 hours	S. Markfort	\$12.53	\$15.20
You see it everywhere: on television, in commercials and on websites. But what is a hashtag? This class will walk you through the basics of Twitter from setting up an account, making a “tweet,” learning how to “follow” someone and finally get your own followers. Other topics will include how to link Twitter to your Facebook account, using Twitter for fun and business, and alternatives to the standard Twitter interface.								
INTERNET SECURITY/YOUR COMPUTER								
103-657-31004	R	May 26, 2016	1 day	9:00—11:00 a.m.	2 hours	S. Markfort	\$20.55	\$25.90
Protect your computer, your data and your online accounts from hackers. Explore various types of malware threats and the use of protection software. Learn to schedule regular computer system maintenance and keep your computer clean and free from risks and threats.								

BASIC MICROSOFT EXCEL

103-453-30999	T	April 26, May 3, 10, 2016	3 days	1:00-4:00 p.m.	9 hours	TBD	\$4.50	\$36.60
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions onto a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Textbook recommended.

SETTING UP A FACEBOOK PROFILE

103-678-30909	R	April 28, 2016	1 day	1:00-5:00 p.m.	4 hours	K. Kraft	\$20.55	\$25.90
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

CONNECTING ON FACEBOOK

103-679-30917	R	May 12, 2016	1 day	8:00 a.m.—Noon	4 hours	M. Aleithe	\$20.55	\$25.90
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.

NOTE: Because the Senior Center's computer lab is used for tax preparation, we are unable to schedule MPTC classes during that time. Computer Basic and other classes will be offered at Moraine Park's Fond du Lac Campus. Call 922-8611 for class schedules.

OUR SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

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~ DESIGN/BUILD ~

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~(920) 921 7830~

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
April 12, 19, 26; May 3, 10, 17, 24			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
April 12, 19, 26; May 3, 10, 17, 24			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
April 12, 19, 26; May 3, 10, 17, 24			
Country Line Dancing	Thursdays	6—7:30 pm	\$10 for 4 class punch card
April 7, 14, 21, 28; May 5, 12, 19, 26			
Beg. Country Line Dancing	Saturdays	10:00—11:30 am	\$7.50 for 3 class punch card
April 9, 16, 23; May 7, 14, 21			
Open Sewing Lab	Wednesdays	3:30—6:30 p.m.	\$15 for 15 hours
April 6, 13, 20, May 11, 18			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
April 5, 12, 19, 26, May 3, 10			



Keep up with Senior Center news and activities, like us on Facebook!

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 *LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

*OPTIONS COUNSELING AND LONG TERM CARE
 *INFORMATION ABOUT ELDER ABUSE/NEGLECT

MONDAY TO FRIDAY 8AM TO 4:30 PM
 50 N PORTLAND STREET
 FOND DU LAC, WISCONSIN

(920) 929-3466 OR 1-888-435-7335
 adrc@fdlco.wi.gov

Rienzi Cemetery, Chapel & Mausoleums

Rae Nell Halbur, Family Service Counselor
 N6101 Highway K • Fond du Lac, WI 54937
 920-922-4543

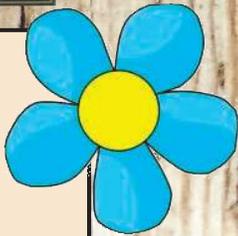
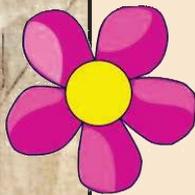
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- Bird Houses
- Bird Feeders
- Stepping Stones
- Garden Art
- and more!



**INTERGENERATIONAL
MAKE AND TAKE CLASS
GOLF BALL LADYBUGS!**
Saturday, April 9; 10:00-noon
\$10 per person, all supplies provided
(Make up to 5 ladybugs per person.)
You must call 322-3630 to reserve your spot.



Monday—Friday 10 a.m.—2 p.m., Thursday 4—7 p.m.
3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3637

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



Programs & Activities



Ladies Golf

Mondays & Wednesdays
May 2—August 31
 9:30 a.m. tee time
 (please arrive 15 minutes early)
 Oakgreen Par 3 Golf Course

The LPGC (Ladies Playful Golfers Club) is not a league, but rather an informal way to get together and socialize with other ladies who like golf. It's all about fun and making new friends! This club is open to any lady golfer, but you must be a member of the Fond du Lac Senior Center. You need not attend every time.

Brief Organizational Meeting

Monday, May 2; 9:00 a.m.; Oakgreen Golf Course
 Golfing at 9:30 after the meeting.

Register at the Senior Center by Monday, April 25. If you have questions, please call Alice Dann at 920-753-5126. The annual LPG Club registration fee is \$5. Golf fees are payable at the golf course each time you play.



GOLF LESSONS

(men and women)
WITH JEFF KEMP

Thursday Afternoons in May
May 5, 12, 19, 26 at 1:00 p.m.
Rain Date: June 2

Oakgreen Par 3 Golf Course
Cost \$30

Includes bucket of balls, instruction & 9 holes of golf each week. Pay at the Senior Center when you register. Friends membership is required to participate.

Space is limited—register early!

All About Life Rehabilitation Center
OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community
 with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

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 REHABILITATION CENTER

115 East Arndt Street
 Fond du Lac, WI 54935
 920.923.7040
www.allaboutlifeskillednursing.com

Call to schedule a personalized tour of our Advanced Rehabilitation Unit
....helping people live better

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*some restrictions apply

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SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING

Contact Tom Schmanski to place an ad today!
 TSchmanski@4LPi.com or (800) 950-9952 x2537

SENIOR DINING



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

- | | |
|-----------------|-----------------------------|
| April 5 | Blanck's Supper Club |
| April 12 | Wendt's on the Lake |
| April 19 | Blanck's Lake Aire |
| April 26 | Capone's |

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

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

Senior Dining



Fellowship, Food & Fun

April 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.

- Friday, April 1: Swiss Steak
- Monday, April 4: Chicken and Biscuit
- Tuesday, April 5: Baked Spaghetti
- Wednesday, April 6: Pork Steak
- Thursday, April 7: Orange Chicken
- Friday, April 8: Swedish Meatballs
- Monday, April 11: Smoked Sausage
- Tuesday, April 12: Salmon Loaf
- Wednesday, April 13: Baked Chicken
- Thursday, April 14: Chili Casserole
- Friday, April 15: Country Fried Steak
- Monday, April 18: Meatballs in Honey
- Tuesday, April 19: Salisbury Steak
- Wednesday, April 20: Teriyaki Chicken
- Thursday, April 21: Pork Jaegerschnitzel
- Friday, April 22: Beef Stroganoff
- Monday, April 25: Ham Rolls
- Tuesday, April 26: Baked Chicken
- Wednesday, April 27: Hawaiian Meatballs
- Thursday, April 28: Roast Turkey
- Friday, April 29: Cheese Tortellini in Marinara

- 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 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season.
- 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:

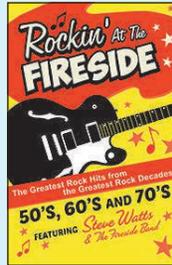
- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

New Trips added for 2016!

Rockin' at the Fireside

Thursday, June 16; 8:15 a.m.—6:00 p.m.
\$105 (meal included)

Come to The Fireside's greatest rock and roll party of all time as they present a new live band show featuring the greatest rock hits from the 50's, 60's and 70's performed by Fireside's talented cast of singers and dancers and by The Fireside's LIVE band led by audience favorite Steve Watts!



Tall Ship Festival

Saturday, August 6; 8 a.m.—4 p.m.
(rain or shine)

\$40—non-sailing ticket

\$97—sailing ticket

(Dutch treat meal)

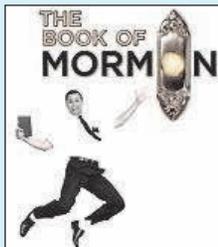
You'll be awed by the beauty of these magnificent sailing ships, each filled with history and a story to tell. If you would like to go on a sailing excursion, be sure to sign up right away! We only have 40 sailing excursion tickets available.

The Book of Mormon

Wednesday, October 5; 6-11 p.m.
Appleton PAC, \$140 (no meal)

Contains explicit language

The Book of Mormon is a nine-time Tony award-winning religious satire musical that follows two Mormon missionaries as they attempt to share their scriptures with the inhabitants of a remote Ugandan village. The earnest young men are challenged by the disinterest of the locals, who are occupied by more pressing troubles such as AIDS, famine, and oppression from a warlord.



Honoring Our Veterans

Wisconsin Veterans Museum
and Olbrich Botanical Gardens in Madison

Tuesday, July 12; 7:30 a.m.—7:00 p.m.

\$45 (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

Shipshewana, Indiana

Monday, August 22—Thursday, August 25

\$439 double

3 breakfasts, 2 dinners incl.

Take a step back in time in Shipshewana. We'll spend 3 nights at the Essenhaus 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.



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

All Aboard- - - Last Call!

COLORADO RAIL ADVENTURE by Vacations by Rail

September 8—16, 7 Days—6 Nights **\$2,610** Double; Includes land, air and transfer

Explore the Colorado Rockies aboard standard and narrow gauge railways reaching summits of more than 14,000 feet! Trip includes: rail excursions aboard the Georgetown Loop Railroad, Pike's Peak Cog Railway, Durango, Silverton Narrow Gauge Railway, Cumbres & Toltec Scenic Railroad, Rio Grande Scenic Railroad, and Royal Gorge Route Railroad. Visit Garden of the Gods, Great Sand Dunes National Park, and more.



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

Day Trips

Cheeseheads

Wednesday, April 13; 7:30 a.m.—6:00 p.m.

\$65 meal included

Come along for these tasty tours! & cheese curds!

- * Alp & Dell Cheese Factory—Monroe, WI
- * Minhas Brewery—Monroe, WI
- * Silly Yak Bakery (Gluten-free)—Madison, WI

Sister Act

Fireside Theatre

Thursday, May 12; 8:15 a.m.—6:00 p.m.

\$105 meal included

Brewer Game

Wednesday, June 1; 10 a.m.—6:00 p.m.

\$58 Dutch treat

Maggie Mae Dinner Show

Old Fashioned Barn Dance, Oxford

Thursday, June 9; 10:15 a.m.—5:00 p.m.

\$74 meal included

Cruisin'

Milwaukee Art Museum, Edelweiss River Cruise

Thursday, June 23; 8:00 a.m.—6:00 p.m.

\$85 meal included

The Sky's the Limit

EAA Museum and Menominee Park Zoo, Oshkosh
Grandparent/Grandkids Day

Tuesday, June 28; 9:30 a.m.—4:30 p.m.

\$38 Dutch treat at Culvers

Extended Trips

Washington DC with Diamond Tours

8 Days—7 Nights, April 21—28

\$739 double

Trip includes a two-day guided tour of Washington DC and an evening guided memorial and monument tour. Guided tour of Monticello home and grounds also included.

Chicago

Guided tour of the city with Diamond Tours

3 Days, Tuesday, May 17—Thursday, May 19

\$299 double

Visit 360 Chicago, Chicago Money Museum; Navy Pier, and relax aboard a 75-minute architectural cruise on the Chicago River.

Mystery Trip

2 Days, Wednesday—Thursday, July 27—28,

\$206 double, 4 meals included

Allow us to “allure” your curiosity. Good food, interesting sites and an overnight stay.

Our Mystery Trips always fill up fast and promise lots of adventure and fun.

ALBUQUERQUE BALLOON FIESTA with Collette Tours

6 Day Trip; Tuesday—Sunday, October 4—9

\$2599 per person double occupancy

Albuquerque and Santa Fe are a wonderful blend of multiculturalism, natural beauty and history. One of the highlights of our trip will be the Albuquerque International Balloon Fiesta. It's one of the most photographed events and a spectacular display of sound and color.

Announcements

AARP MEETING

Thursday, April 21; 1:30 p.m.

Speakers: Dr. Darrold Treffert and Leah Smet from the Treffert Academy Supervision School will be speaking on Alzheimer's.

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.



VOTER REGISTRATION

- * Change of Address?
- * Name Change?
- * New Voter?

Stop in and get everything set up so you're ready to vote!

Thursday, April 19; 10—noon
Thursday, April 26; 10—noon

Fond du Lac Senior Center
151 E. 1st Street

City of Fond du Lac residents only.



TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, May 26; 1:00 p.m.

Speaker: Officer Erik Foster

Topic: What to do in an active shooter situation

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. Meetings 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.

Our Lost and Found Box is Overflowing!



If you've lost something, stop in to see if we've found it!

Fond du Lac Area Dementia Summit: Providing Education & Awareness

Community Church

N6717 Streblov Dr., FDL

Thursday, April 7, 2016

Check in: 12:30—1:00 p.m.

Summit: 1:00—4:30 p.m.



Presentations include:

- Approaches to Communication in Different Types of Dementia, presented by Dr. Diane Mosnik, PHD, Clinical Neuropsychologist
- Faces of Dementia in Wisconsin: An Emerging Portrait, presented by Ginny Nyhuis, Alzheimer's Association
- Dementia Resources in Fond du Lac
- Call to Action

To register call Jese TeStroete at 920-907-8692 or email Karrissa at kschneider@kidsclubfdl.org

Hosted by: Just Keep Making A Difference—
A Leadership Fond du Lac Team



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Cards available at the Fond du Lac Senior Center.

For more information, visit www.familywize.org

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

April 2016 Newsletter

_____ Card File

_____ Computer

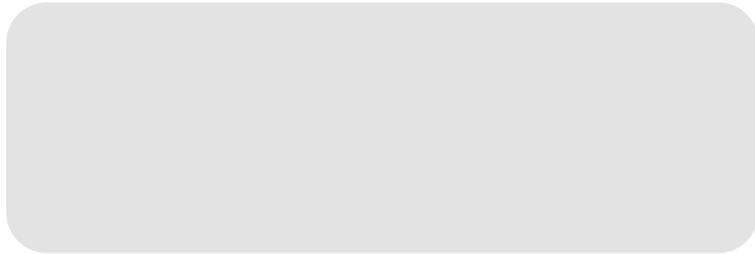


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3630
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Sarah Olson 322-3641

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

OUTREACH/WELLNESS COORDINATOR

Sarah Olson 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

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Charlotte Nelson
Ross Purcell
Dave Redman
John Silah

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

Wisconsin
Association of
Senior
Centers



MISSION

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

VISION

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