

# Among Friends



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

## APRIL 2015

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

  
**Thank  
you!**  
*Volunteers!*

## Volunteer Appreciation Day

Friday, April 17

Stop in anytime between 11:00 and 2:00

Volunteers are the heart and soul of our Senior Center. To honor you, please stop by on Friday, April 17 (Volunteer Appreciation Day) for pie, ice cream, coffee or punch. Relax and chat with the Senior Center staff and Friends Board members.

*All Senior Center volunteers are  
Invited to attend!*

Please register by calling  
322-3630 by Friday, April 10.



# FUNDRAISERS



2015

A Free Monthly Publication  
Vol. 6 • 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. Visit us online at [www.fdlSeniorCenter.com](http://www.fdlSeniorCenter.com) [Facebook.com/FondDuLacSeniorCenter](https://www.facebook.com/FondDuLacSeniorCenter)*

### 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.



## Fundraisers . . . Help us help you!

The money we raise benefits the programs and activities here at the Senior Center.



### 2015 Dine Out Coupon Book

Pick up your 2015 Dine Out Coupon book now! The coupon books are only \$6 and contain 50 coupons from 42 area restaurants. Available in the This 'n That Craft & Gift Shoppe.

*A great way to try out a new restaurant or save at an old favorite!*

### Buy Kwik Trip Gift Cards at the Senior Center.

We earn 5–15% on every gift card we sell. Cards may be used for gas and almost anything in the store!



*Thank you for your support!*



## BRAT FRY WORKERS NEEDED!



We need LOTS of volunteers—about 100—for this annual fundraiser at Piggly Wiggly. If you're willing to help serve or grill, please call Vickie Michels at 922-6126 or the Senior Center at 322-3630. Please check your calendar to see if you can help with a 3 hour shift on one of the following dates:

### 2015 Brat Fry Schedule at Piggly Wiggly

#### 1st Weekend

Friday, May 1  
Saturday, May 2  
Sunday, May 3

#### 2nd Weekend

Friday, May 8  
Saturday, May 9

# CATHY'S CORNER

As I am settling in here at the Center, I am in awe of the many people that make this Center the busy place that it is. We have amazing staff who not only come to work to do their jobs each day, but who really believe in the services that we are offering to each of you, "our Seniors". They are incredibly talented and passionate about what they do and I am proud to work with them. I am also thankful for our volunteers – wonderful people who give of themselves and add so much to this center through their time and talents. And last but certainly not least, all of our participants, the people that we are all here for. I have met so many wonderful people already and invite you to stop in to meet me if you haven't already.



As busy as each day is here, it didn't really surprise me that last year, over 50,000 people visited the Center. But when I actually took a few minutes to think about it – WOW! Each week, over 1,000 people find something here that is of interest to them and take the time to come on in. I understand the responsibility that comes along with maintaining something that has such an impact on people, and I look forward to continuing the quality programming and opportunities that has allowed this Center to grow into the great community resource that it is.

Until next month – think Spring!!

## Newsletter Crew

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

## Newsletter Deadline

The deadline to submit something for the May *Among Friends* newsletter is Monday, April 6, 2015. 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 *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.



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# HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

## UPCOMING TRIPS

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

### Upcoming DAY TRIPS



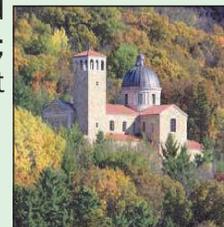
- Manitowoc Maritime Museum & Kohler — Wednesday, April 15; \$56
- Ho Chunk Casino, Wis. Dells Craft/Antique Mall— Thursday, May 14; \$29
- Janesville Rotary Gardens, K&W Greenery— Wednesday, May 20; \$80
- Devils Lake, Wisconsin Dells Boat Ride— Wednesday, June 3; \$75
- Guys on Ice, Fireside Theatre— Thursday, June 18; \$95
- Milwaukee Brewers vs. Atlanta Braves — Wednesday, July 8; \$54
- Green Bay New Zoo and Bay Beach— Wednesday, July 22; \$36
- Arlington Horse Races— Thursday, July 30; \$55

### DISCOVER LA CROSSE

Wednesday and Thursday  
July 15 & 16



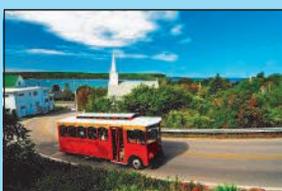
Enjoy lunch and cruise the Mississippi River on the beautiful La Crosse Queen, one of a few authentic Mississippi River paddlewheels still in operation in the United States. Stop at scenic Grandad Bluff. Tour the Shrine of Our Lady of Guadalupe Church and have lunch in its Culina Mariana Cafe. Your guided tour of the city of La Crosse also includes a stop at Pleasuring Gourmet Seasonings; a trip down memory lane at Dahl Auto Museum; the beautiful architecture, statues and stained glass at the Chapel of St. Rose; and dinner at Fayze's Restaurant and Bakery. *Includes 4 meals.*



\$219\*  
2 Days—1 Night \*Double

### ESCAPE TO DOOR COUNTY

Wednesday—Friday  
September 9—11



Start the trip off by boarding the Door County Trolley for a "Culinary Trolley Tour". Get into the fun with a fish boil storyteller followed by a fish boil dinner buffet at Rowleys Bay Resort in beautiful Ellison Bay. Spend the evening at the Peninsula Players Theatre. Day two will take us on a professional step-on guided tour including Eagle Bluff Lighthouse, Ridges Sanctuary, a Boynton Chapel tour and a visit to Peninsula State Park. We will have time to enjoy lunch at Al Johnson's Swedish Restaurant (goats on the roof). On day three we'll visit the Door Peninsula Winery in Sturgeon Bay and enjoy some wine tasting. *Trip includes 6 meals.*



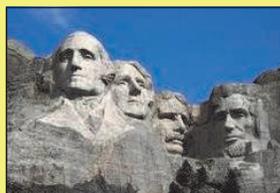
\$409\*

3 Days—2 Nights \*Double

### EXTENDED TRIPS

Mt. Rushmore,  
The Badlands and  
Black Hills

August 23-29; \$615\*

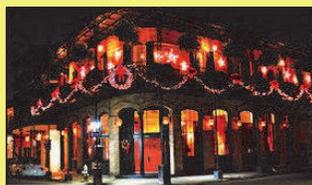


Branson  
Show Extravaganza  
October 18-24; \$615\*



New Orleans  
Holiday

December 1-5; \$1,595\*



\*Double

# HAWAII

Fond du Lac Senior Center  
Presents

## Hawaiian Adventure

Three Islands featuring Oahu, Kauai and Maui

With optional 2-night big island post tour extension

January 28—February 6, 2016  
\$4,849 per person double occupancy

Book Now & Save \$100 per person!

**Trip Preview**  
Monday, April 6  
10 a.m.  
Call 322-3630 to register.



Highlights include: Waikiki Beach, Pearl Harbor, Oahu's North Shore, Kilohana Plantation, Waimea Canyon, Kauai Coffee Company, Iao Valley Monument, Lahaina, Polynesian Luau



### Itinerary at a glance:

**Day 1:** Honolulu, Oahu—Aloha! You'll be greeted with a traditional floral lei and head to our Waikiki Beach hotel.

**Day 2:** Oahu—Remember Pearl Harbor at the WWII Valor in the Pacific National Monument and USS Arizona Memorial. Tour the city of Honolulu and explore Oahu at your leisure.

**Day 3:** Oahu—See the sights of Oahu's famous North Shore and surfing town of Haleiwa.

**Day 4:** Oahu, Kauai—Take a short flight to Kauai, the "Garden Isle". Visit Kilohana Plantation and ride an authentic historic railway.

**Day 5:** Kauai—Travel to breathtaking Waimea Canyon and later visit the largest coffee estate in Hawaii.

**Day 6:** Kauai—Enjoy this beautiful island at your leisure.

**Day 7:** Kauai, Maui—An inter-island flight takes us to the "Valley Isle" of Maui." Visit Iao Valley, and the old royal capital of Lahaina.

**Day 8:** Maui—The day is yours to explore the gorgeous island of Maui.

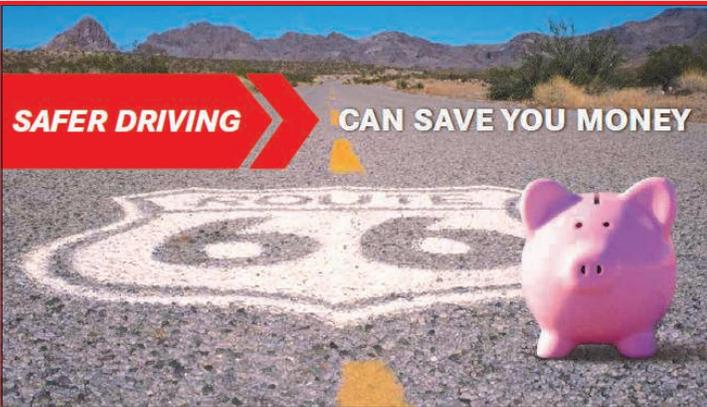
**Day 9:** Maui—Another day in paradise. Tonight we will have a farewell dinner at a traditional Polynesian luau.

**Day 10:** Maui—Bid "Aloha" to Hawaii and head for home.



Optional day adventures available.

# PROGRAMS & ACTIVITIES



Come to the Senior Center and take the NEW AARP Driver Safety course and you could reduce your overall maintenance and car insurance costs!\*

## Drive smart. Save smart.

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Classroom only, no driving involved
- No tests to pass.

## Fond du Lac Senior Center

Tuesday, May 12

8:00–8:30 a.m. registration

8:30 a.m.–12:30 p.m. class

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

To register for this class, call the Senior Center at 322-3630 by Tuesday, May 5.



*Sign up today!*

*\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.*

*What should the greater Fond du Lac community look like in 10 to 20 years?*

**Join us in helping to shape our community's future!**



**Tuesday, April 14  
10:30 a.m. to noon**

**Marian University Stayer Center  
Room 205**

Envision Fond du Lac is seeking your input as experienced and knowledgeable retirees and seniors in our community.



## GROUP DISCUSSION WITH ANDREA

*"Managing your Anxiety"*

**Tuesday, April 28; 3 p.m.**



Join Andrea Mitchell, Senior Center counselor, for a group discussion *"Managing your Anxiety"*.

Do you find yourself feeling stressed or anxious? Are anxiety and

fear interfering with your everyday life? Come to this month's discussion group for a better understanding of your anxiety symptoms, causes and learn effective ways to deal with your anxiety.



For more information or to register for this group discussion, please call 322-3630.

*Special thanks to Lutheran Social Services for this partnership!*



Join us for a  
**High Tea Party**

Hosted by Moraine Park Technical College Sociology Students

**Fond du Lac Senior Center**

Thursday, April 30  
 1:00—3:00 p.m.

*Relax and enjoy:*

- Finger Sandwiches
- Hot and Cold Teas
- Music From the '40's and '50's

**Ticket prices: 1 for \$3, or 2 for \$5**

Purchase tickets by Tuesday, April 21 at the  
 Fond du Lac Senior Center.

Find yourself a cup of tea;  
 the teapot is behind you.  
 Now tell me about hundreds of things,  
 Saki



# ACTIVITIES & PROGRAMS



## CATARACTS WHAT YOU NEED TO KNOW

Thursday, April 2, 2015

10:00–11:00 a.m.

Fond du Lac Senior Center



**Clarence Tam, MD**  
Board-certified ophthalmologist  
(eye care surgeon)

Dr. Tam specializes in comprehensive eye care, and provides examinations, diagnosis and treatment for a variety of eye disorders. He is especially interested in cataract surgery, medical retina, glaucoma, diabetic eye disease and macular degeneration. Dr. Tam also prescribes eyeglasses for young adults (teenage years) and beyond.

### Join us to learn more about:

- What is a cataract?
- How does a cataract develop?
- What puts you at risk for developing cataracts?
- What are the treatment options?

*Public welcome!*

Please call the Senior Center at 322-3630 to register for this program.



First Friday of every month beginning

Friday, May 1

8:00–10:00 a.m.

Join your friends at the Senior Center the first Friday of every month from 8-10 a.m. for coffee, donuts and good conversation.



**COME PLAY BUNCO AT  
THE SENIOR CENTER!**

Every Thursday at 1:30 p.m.

Beginning Thursday, May 7

## JEFF KEMP INVESTMENT WORKSHOP

**Mondays: 3:00 – 4:30 p.m.**

**Continuing through April 13**

**Are you interested in making wiser and more informed decisions with investments?**



Jeff Kemp, a financial educator and recipient of the 2013 Governor's Award for Financial Literacy, is holding investment workshop at the Senior Center Monday afternoons through April 13. All information presented is non-biased. The course is designed to provide the

fundamental investment basics needed to make more informed financial decisions.

All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. You do not need to attend all sessions – attend as few or as many as you like. If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

**Topics include:**

**April 6: Taxes and investing; exchange traded funds**

**April 13: Conclusion**

**You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.**

# MOVIE OF THE MONTH

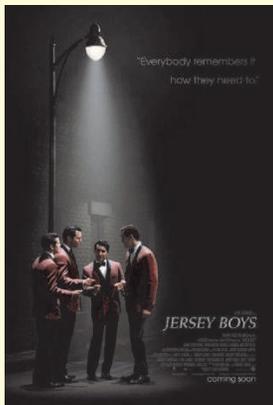
## “Jersey Boys”

**Two showings: Thursday, April 16  
Wednesday, April 22**

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

**April 16 Menu:** Cranberry glazed pork cutlet, escalloped potatoes, green beans, applesauce, frosted cake, roll

**April 22 Menu:** Mushroom pork cutlet, mashed potatoes, Swiss spinach, peach slices, frosted cake, sliced bread



### 12:30 p.m. Movie: “Jersey Boys”

2014 movie; Biography/Drama/Music; 2 hr 23 mins; R. Starring: John Lloyd Young, Erich Bergen, Michael Lomenda

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

**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.*

**Special thanks to Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.**

9

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# RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## ART CLASSES

Tuesday AM & PM See page 11

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): TBA

4th Tuesday (even months): TBA

5th Tuesday: TBA

## BOOK CLUB

3rd Monday at 9:30 a.m.

April 20 *The Lemon Orchard*

by Luanne Rice

May 18 *The Weight of Silence*

by Heather Gudenkauf

**Book synopses available at front desk. New members welcome.**

## 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

## BUNCO

Thursdays at 1:00 p.m. Beginning

May 7

## CANASTA

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

## CHORUS

Red Hat Honeys & Singing Classes

## COIN CLUB

2nd Tuesday at 6:30 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Bob Luebke 920-238-7386 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.

## JOURNALING

4th Thursday at 10 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 8:30 a.m.—12:30 p.m.

9-Ball Wednesdays 8:30 a.m.—12:30 p.m.

## QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

## RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, 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 2

Schmitty's

Call the Center to pre-register!

## SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRABBLE

2nd & 4th Monday at 10:00 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

## Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

## SKAT

Tuesdays at 9:00 a.m.

## SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, April 18

Gino's

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

## TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:00 p.m.

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!

# ART & RECREATION

## ARTIST OF THE MONTH

April: **FAYE BARBER**

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

## CARD MAKING CLASS

with Jana Secord

2nd Tuesday of each month

Next class: **Tuesday, April 14**

3 sessions to choose from:

3:15-4:45 p.m., 5:15-6:45 p.m. or 7-8:30 p.m.

**NOTE:** We will be meeting in the **MAIN ACTIVITY ROOM.**

It's finally SPRING and we'll make a May Day Basket as one of our projects. Join us for some SPRING inspiration. No experience necessary.

Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 before April 13. Early reservations are appreciated.

Mark your calendars for these upcoming

## SCRAPBOOK CROPS

**Saturday, May 16; 9 a.m.—9 p.m.**

For details on these upcoming scrapbook crops or to register, contact Colette Jaeger at 920-602-2486.

**Saturday, July 18; 9 a.m.—9 p.m.**

**Saturday, October 31; 9 a.m.—9 p.m.**

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

## STITCHERY GROUP

Tuesdays beginning May 5

1:00-3:00 p.m.

Do you enjoy knitting, crocheting or other needlework? Join our stitchery group here at the Senior Center. For the first meeting, please register by calling the Senior Center at 322-3630.



## ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tues	10—noon	4	\$16
April 14, 21, 18, May 4; May 11, 18, 25, June 2				
Drawing & Watercolor	Tues	1-3 p.m.	4	\$16
April 14, 21, 18, May 4; May 11, 18, 25, June 2				
Beginning Drawing & Watercolor	Mon	12:30-2:30 pm		\$21
April 6, 13, 20, 27; May 11, 18, 25, June 2				
Mixed Media	Tues	3-4:30 p.m.	4	\$16
April 6, 13, 20, 27; May 11, 18, 25, June 2				
Open Sewing Lab	Wed	3:30—6:30 pm	5	\$15
Watch newsletter for next session coming spring of 2015				
Country Line Dancing	Thurs	6—7:30 pm	4	\$10
April 2, 9, 16, 23; May 7, 14, 21, 28				
Beg. Country Line Dancing	Sat	10-11:30 am	3	\$7.50
April 4, 11, 18; May 2, 9, 16				
Singing	Tues	10-11 a.m.	6	\$25
April 7, 14, 21, 28, May 5, 12				

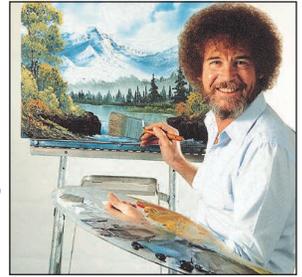
# ART & RECREATION

## BOB ROSS PAINTING CLASS

**Saturday, May 9; 10 a.m.—3 p.m.**

Dorothy Curry, Certified Bob Ross Painting Instructor

*Paintings will be ready to take home by the end of this class. Complete the painting below in just one afternoon!*



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



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

## FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income  
No Asset Limitations**

### Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

### Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

### Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

### Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority  
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

## NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac  
CALL RHONDA AT (920) 929-9270  
An Independent Living Community For 55+

-Certain Income Guidelines Apply-  
1 and 2 Bedroom  
Apartments Available

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Fond du Lac, WI



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- Respite Care
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- The Villa Rosa, a 20 unit assisted living apartment complex adjoins the existing Villa Loretto, a 50 bed skilled nursing home
- Villa Loretto: Medicare & Medicaid Certified

A Comprehensive approach to your rehabilitation needs. Services include: Physical Therapy, Occupational Therapy, Speech Language Pathology Services. Our services are available full time without age limitations and are not restricted to our residents.



**Villa Loretto Nursing Home**  
N8114 Cty. WW, Mt. Calvary, WI 53057  
(920) 753-3211 • Fax (920) 753-3100  
Administrator: Sandra Randall

**Villa Rosa Assisted Living**  
N8120 Cty. WW, Mt. Calvary, WI 53057  
(920) 753-3015 • Fax (920) 753-2580  
Manager: Brenda Gudex, LPN

# PROGRAMS & ACTIVITIES

## The Power of Color

Discover ways to use color  
to your advantage

Monday, May 11; 1:00 p.m.

Alexandra Benz, Certified Image Consultant

Do you know which color . . .

- Increases your blood pressure?
- Is healing to the heart?
- Curbs or increases your appetite?
- Makes you fidgety?
- Sells a house faster

Find out the answers to these and other interesting questions at this entertaining and informative presentation.

For planning purposes, call 322-3630 by Tuesday, May 5 to register.

## 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 7 Blanck's Supper Club**

**April 14 Capone's**

**April 21 Wendt's on the Lake**

**April 28 Paddy's**



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

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

## Spring Fling!

Thursday, April 9; 12:30 p.m.

Featuring music by Jess Ellison

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!

DISCOVER YOUR WISDOM, CHANGE YOUR WORLD.™



## SoulCollage®

Where Images, Imagination and Intuition Meet

**Mondays, May 4, 11, 18 and June 1**  
2:00-4:00 p.m.

SoulCollage is a fun, simple and powerful collage process to make a personal deck of collaged cards. If you can cut and paste you can do this! No artistic talent is needed! Select from a wide variety of images, create a small collage or two, and then learn how to access the wisdom that is waiting to be tapped through your creation. You will have a fun, creative tool for inner exploration and growth.

Carol Waranius, has been a certified SoulCollage facilitator since 2012. She is a retired career counselor/college professor and is currently a mixed-media artist.

Materials Fee: \$10 for card backing, handouts and images. Please bring your own scissors and glue stick(s). Acid free glue is recommended.

Class fee: \$21



Come play

## SCRABBLE

Monday, April 13 and 27  
10:00—12:00 noon

We'll be playing Scrabble every 2nd and 4th Monday of the month starting in April. Come join us, bring your friends or meet new friends!

**If you have a Scrabble board, bring it along!**

# HEALTH & WELLNESS



## TAI CHI

Tai Chi has value in treating or preventing many health problems and you can get started even if you aren't in the best shape. The next session will **begin on May 5** and **end on June 23**. Classes meet **Tuesday mornings from 9—10 a.m.** The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing

and tennis shoes. Friends membership is required. For more information, please call 322-3630.

## Bike Rides are Back on a New Day!

First ride of the season will be on **Tuesday, April 14**.

Meet the gang at **10 a.m. at the Lake Denevue Shelter** at Lakeside Park. From there you'll ride to the County Garage and return along the east branch of the Fond du Lac River. That will be 8—10 miles and totally on pavement. Please call 322-3630 to register. 50¢ Donation. Bring money for lunch. Cancellations on ride day call Caroline at 922-3561. Rain Date: April 21.



## Exercise Classes

### LOW IMPACT CHAIR EXERCISE

With Jaime Roth

**Mondays 9:00 – 9:30 a.m.**

Sponsored by

**All About Life Rehabilitation Center**  
**Men and Women Welcome!**

### CHAIR EXERCISE VIDEO

**Wednesdays 10:15 — 10:45 a.m.** (during tax time)

Sponsored by **Lutheran Homes and Health Services**

## OTHER EXERCISE

**Hikers** ..... Tuesday & Thursday, 10 a.m.

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

**Beginning Line Dance**...Saturdays; 10—11:30 a.m.; \$7.50/ 3 weeks

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

**Water Exercise** ..... Daily 8 a.m. at the Aquatic Center \$3.75 per session

**Zumba Gold** .....Moved to another location. Call

Kirsten at 920-606-9078 for information.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Agnesian Home Care

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

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

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

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

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

**Tuesday, May 12; 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)

Sponsored by FDL County Health Department; **Cost: \$25**

**Thursday, April 9, 16, 30**

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, April 10; from 8:30—10 a.m.**

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment. Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

**Renee Waters**, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

**Tuesday, April 28; 10 a.m.—2 p.m.**

Usually 4th Tuesday of the month

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

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, May 12; 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, March 26; 6:30—8:00 p.m.** (4th Thursday)

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

### DIABETIC SUPPORT GROUPS

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

Aurora Health Care Center, 210 American Drive ~ American Room

**Tuesday, April 14; 6:00—7:00 p.m.**

St. Agnes Hospital, 430 E. Division Street; 5th Floor Meeting Room

### GLUTEN FREE SUPPORT GROUP

**Tuesday, April 21; 6:30—7:30 p.m.**

**Speaker:** Vickie White, dietician/former health food store owner

Fond du Lac Senior Center, 151 E. First Street

### PARKINSON'S SUPPORT GROUP

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

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER SUPPORT GROUP

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

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

# HEALTH & WELLNESS

## Breakfast for the Brain

Use it or lose it . . . Improve your brain's health!

Like your muscles, your brain needs regular workouts to stay healthy and fit as you age. Breakfast for the Brain is a fun interactive wellness workshop for active adults like you. Mark your calendar for **Tuesdays and Thursdays from April 21 to May 7; 10 to 11:30 a.m.** The cost is \$15 for the six sessions and the program is limited to the first sixteen seniors to sign up. **Location: Harbor Haven Health & Rehabilitation, 459 E. First St.** Nan Baumgartner, retired Extension Educator, is the facilitator. Please stop in at the Senior Center to sign up. If you have questions, call 322-3630 and ask for Jean.



## Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits? Be prepared for the aging process and learn of the resources available to help you stay independent. **This is a five session workshop meeting the second Friday of each month from 10 a.m. to 11:30 a.m. starting on April 10.** Health screenings will be available as of 9 a.m. Space is limited and participants are asked to plan to attend each of the five sessions. A notebook will be provided at the first session and handouts given each month. The program is free to participants. A light lunch will be provided. Sponsored by the Senior Wellness Coalition



## LOOK GOOD...FEEL BETTER Wednesday, May 13; 10 a.m. to Noon

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created for **women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.

## Cataracts: What You Need to Know Dr. Clarence Tam; Thursday, April 2; 10—11 a.m.

Join us to learn what is a cataract? How does a cataract develop? What puts you at risk for developing them? How are they treated? Don't miss this informative talk. Please call 322-3630 to register.

## Anxiety: What is it? How to Cope With It Tuesday, April 28; 3 p.m.

Come join this month's discussion to learn how to deal with things that may not have bothered you in the past but now cause concern. Please call 322-3630 to register.



# SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## Community Cares

Volunteers will visit **All About Life Rehabilitation Center, 116 E. Arndt St., April 28 from 2 to 3 p.m.**

Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in the life of a lonely senior. A small gift is provided for each resident we visit.

## Senior Outreach Program

Outreach Volunteers will meet on **Thursday, April 2, at 9 a.m.** to submit reports, share concerns and encourage each other. Due to tax season, we will meet in Rooms 2 & 3. At **10 a.m.** we will be joined by **Dr. Tam** of Agnesian Healthcare and he will be talking about cataracts. You don't want to miss this presentation as vision is important to all of us and cataracts effect a large percentage of the senior population.

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

# SENIOR CENTER SERVICES

- 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—**call for appointment**
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.

WE  
ARE  
HERE  
— TO —  
HELP

**Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.**

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and **MUST** be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

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# 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/ WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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### COMPUTER BASICS 1

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

103-483-30881	M, T, W	Apr 20, 21, 22, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

### COMPUTER BASICS 2

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

103-485-30883	M, T, W	Apr 27, 28, 29, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

### COMPUTER BASICS 3

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

103-490-30884	M, T, W	May 4, 5, 6, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

### COMPUTER BASICS 4

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

103-491-30885	M, T, W	May 11, 12, 13, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.

### SETTING UP A FACEBOOK PROFILE

103-678-30882	T	Apr 21, 2015	1 day	1:00—5 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
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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.

# MPTC BASIC & RECREATIONAL COMPUTER CLASSES

## BASIC MICROSOFT EXCEL

103-453-31019	T, W, R	Apr 28, 29, 30, 2015	3 days	1:00 —4:00 p.m.	9 hours	K. Beaman	\$4.50	\$35.96
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions into a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Text book optional.

## CONNECTING ON FACEBOOK

103-679-30886	R	May 14, 2015	1 day	8:00 a.m. —Noon	4 hours	A. Mielke	\$20.40	\$25.70
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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.

## TRAVEL WISCONSIN

891-600-10010	W	June 24, 2015	1 day	9:00 a.m. —Noon	3 hours	K. Beaman	\$20.40	\$25.70
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18



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	<p><b>JERRY TIGHE ROOFING CO. INC.</b></p> <p>922-7246</p>	 <p>920-922-1560 or 1-800-HOSPICE 79 N Pioneer Rd, Fond du Lac <a href="http://www.hospiceadvantage.com">www.hospiceadvantage.com</a></p>



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RETURN TO HOME**

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# 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.

## HONEY'S SPRING AWAKENING

Tuesday, April 14

11:15, lunch served at 11:30

The Green Café

(inside Just B. Still Massage Studio & Café)

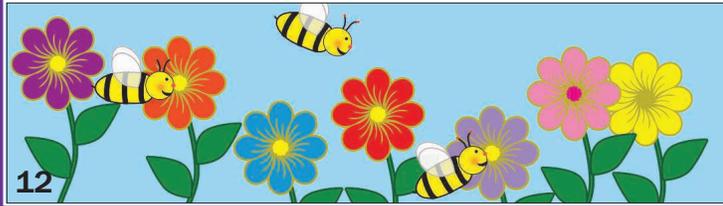
1211 Rickmeyer Dr, Suite. A

(in strip mall behind Shell/Subway)

Cost: \$13, \$5 chair massage (optional)

Call Cathy at 517-3634 by Tues., April 7 to register.

Come and see what's popping up!



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# THIS 'n THAT

## Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.  
Or by appointment evenings & weekends!

## Welcome Spring!



Stop in and check out our collection of new items for spring. New items arriving weekly. We have something for everyone!

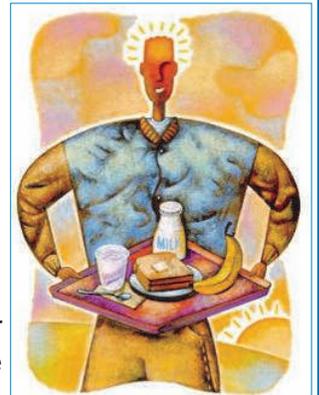
Treat your favorite child to a large, shiny, red and silver pinwheel. Only \$1!

REST FOR YOUR BRAIN

# Breakfast for the Brain

## Use it or lose it...improve your brain's health!

Like your muscles, your brain needs regular workouts to stay healthy and fit as you age. For instance, have you ever tried to complete a crossword puzzle with your other hand? "Breakfast for Your Brain" is a fun interactive wellness workshop for active adults...like you! During this six session program, participants will be guided through fun, hands-on, interactive exercises that stimulate brain functioning. The expectation is to attend all six sessions. Facilitated by Nan Baumgartner, retired UW—Extension Educator.



Each class includes a healthy snack, program handouts and materials. For additional information, contact Jean Holzman, Wellness Coordinator at 322-3630.

The cost for the program is \$15 and the class will be limited to 16, so **please register as soon as possible by stopping at the Fond du Lac Senior Center, 151 E. First Street.**

**Tuesdays & Thursdays, April 21, 23, 28, 30; May 5, 7; 10:00 a.m. - 11:30 a.m.;**  
**Harbor Haven Health & Rehabilitation**  
**459 E. First Street, Fond du Lac**

Sponsored by: Fond du Lac Senior Center & Harbor Haven Health & Rehabilitation

# FORE!

## Golf Opportunities Available Through the Senior Center

### LADIES GOLF

Mondays & Wednesdays

9:30 a.m. tee time

*(please arrive 15 minutes early)*

May 4–August 31

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 FDL Senior Center. You need not attend every time.

#### Brief Organizational Meeting

Monday, May 4; 9:00 a.m.

Oakgreen Golf Course

Golfing at 9:30 after the meeting.

*Register at the Senior Center by Monday, April 27. If you have questions, please contact 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 7, 14, 21, 28 at 1:00 p.m.

*Rain Date: June 4*

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!*

# 2015 FRIENDS MEMBERSHIP APPLICATION

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

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

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

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

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

## CHOICE OF SUPPORT:

**\$10.00 Single**    **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.  
Value: \$50+   Coupons are good January 1—December 31, 2015  
and vary in value. This is a **FREE PERK** for ALL Friends members!

**\$\_\_\_\_\_ 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 2015 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 2015 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 2015 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 \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

NEW 2015 Member    Renewal   Receptionist Initials \_\_\_\_\_

FANATASTIC FRIENDS \$50    FABULOUS FRIENDS \$100    UTILITY DONATION: \$\_\_\_\_\_

Received *Among Friends* Newsletter    Received Happy Travelers Info    Red Hat Dues also paid

Received *Friends Perks Coupon Book*

# BRAIN GAMES

## COMMONYMS

Commonyms are groups of words that share a common trait. For example, the answer to: A Car—A Tree—An Elephant would be that they all have trunks.

1. Wagon—Ferris—Cart

2. Love—Chain—Dear John

3. Hot—Chili—Corn

4. Bricks—Eggs—Carpets

5. A Skyscraper—Ernest Hemingway—Mark Twain

6. Tone—Zest—Dove

7. Door—Grand—Nobel

8. Pillow—Dog—Fist

Answers: 1. wheels, 2. letters, 3. types of dogs, 4. they are laid, 5. they have stories, 6. names of soap brands, 7. prizes, 8. fights

## MUMBO JUMBO

Unscramble each of the clue words. Take the letters that appear in the circles and unscramble them for the final message.

HERTOM

FARHET

RESSIT

YGOUN

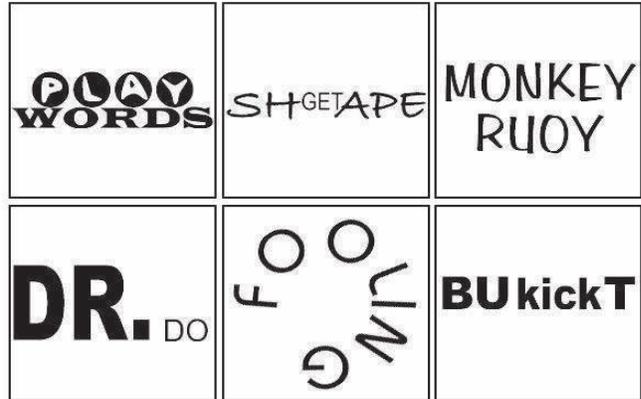
LERGA

Answers:  
Mother, Father, Sister, Young, Large  
Final Message: FAMILY

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## BAMBOOZABLE

A Bamboozable is a saying or phrase that is made up of a display of words in an interesting way. The object is to try to figure out the well-known saying, person, place or thing that each Bamboozable is meant to represent.



Answers: 1. Play on Words, 2. Get in Shape, 3. Monkey on Your Back, 4. Dr. Dolittle, 5. Fooling Around, 6. A Kick in the Butt

## FAMOUS MALE SINGERS WORD SEARCH

K Z Y R N R T D R H B N O X L C U N Y S  
M R K E E A T S R E D D I N G H R F P M  
P T A G L T L W E J D W C S J E B P I Y  
A J G V S S W Y E W C O L A M S A V N N  
J A B R I P E I D Q L B C Z M N N D O E  
J Q I U S T R R T E F K F A E E M I L L  
N G O J E T Z I P T S D R A T Y V Y A S  
N Q C X C C I Y N O Y L R H Y O L I V O  
I D G X A Y N N N G E V R K J L J G A N  
R U H I M C U I G Y S C Q N O I Q D N G  
A A S M P T N H R R Q T O H G J O N E S  
D R A S B L H P O P V B E L C U R T I S  
L T C L E N R U O B S O E E Y A G M V H  
P A B H L T E F F U B S Q W N O Z I R R  
J N J G L N N V D X I R D N E H B I M I  
K I W G Z T G F Z A G M S L K Q Q O M L  
I S P J V D K N S A V T H P W K H C B Z

AVALON

BONJOVI

BUFFET

CAMPBELL

CASH

CHESNEY

COLE

CURTIS

DARIN

DYLAN

GAYE

HENDRIX

HOLLY

IGLESIAS

JACKSON

JAGGER

JONES

NELSON

PRESLEY

SINATRA

SPRINGSTEEN

# ANNOUNCEMENTS

## REMINDER . . .

Please **remember to sign in** when you are at the Senior Center. We want to know how many people are here on any given day enjoying our programs and activities and also want to be sure the numbers we report are accurate



## MAGAZINE NOTICE!

The magazine racks at the Senior Center are managed by a volunteer. Please give all donated magazines to the receptionist—do NOT put them directly on the rack. Please make sure magazines are in good condition, and are recent. News magazines should not be more than a couple weeks old.

## TRIAD MEETING

Thursday, April 23

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Refreshments are served and a door prize is awarded. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

## AARP MEETING

Thursday, April 16

*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.*

## S.C.A.C. Meeting

(Senior Citizens Advisory Committee)

Friday, April 17; 8:30 a.m.

**The public is welcome to attend!**

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on Aging and serve in an advisory capacity to the Senior Center Director on Center operations, budgeting, programming, and other related matters.

Put your medicines

up **AND** away  
and out of sight

*Every minute a poison control center answers a call about a young child getting into medicine.*

## Keep your grandchildren safe!

### Tips for Grandparents on Safe Medicine Storage

- Store all medicine and vitamins up and away, and out of sight.
- Keep purses, bags, and coats that contain medicines or vitamins out of reach and sight.
- Always lock caps tightly and put away medicines after every use. Remember that pill reminder kits often don't have child resistant closures.
- Never leave medicines or vitamins on a table, countertop or sink.
- Set a daily reminder to take your pills since they will be out of sight.
- Program the national Poison Help number, 1-800-222-1222 into your phone.

## Lutheran Homes & Health Services

*is proud to present*



Where: Tarfa Terrace Dining Room  
54 W. Arndt Street—1st Floor  
When: 3rd Friday of every month—April 17  
Time: 2:00-3:00 p.m.

Please bring a quarter per card. Pay one-time only.  
**Community welcome!**

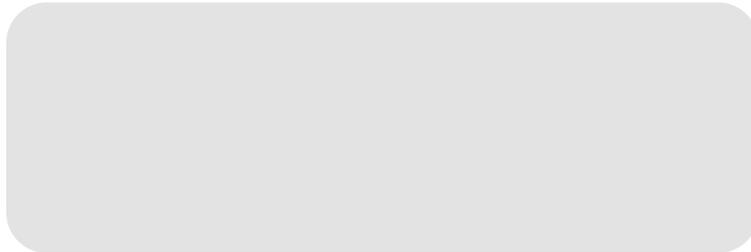


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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PERMIT NO. 129

ADDRESS SERVICE  
REQUESTED



# FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

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

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### WELLNESS COORDINATOR

*Jean Holzman* 322-3636

#### CRAFT SHOPPE COORDINATOR

*Pat Lefeber* 322-3638

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

*Katie Fischer* 322-3639

#### PROGRAM COORDINATOR

*Cathy Halfmann* 322-3633

#### MARKETING/FUND COORDINATOR

*Joan Brezinsky* 322-3640

#### CENTER CARETAKER

*Bob Rose* 322-3630

### FRIENDS BOARD OF DIRECTORS

*Joanne Bunkelman*

*Robert Katzfey*

*Mary Kind*

*Vickie Michels*

*Charlotte Nelson*

*Maury Shultz*

*Wally Seibel*

*Judi Walters*

*Mary Weber*

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

Wisconsin

Association of

Senior

Centers



### SENIOR CITIZEN ADVISORY COMMITTEE

*Ruth Dauterman*

*Barbara Lukas, Chair*

*Councilman Gary Miller*

*Charlotte Nelson*

*Ross Purcell*

*Dave Redman*

*Jaime Roth*

*John Silah*

*Ruth Smith*

### 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