

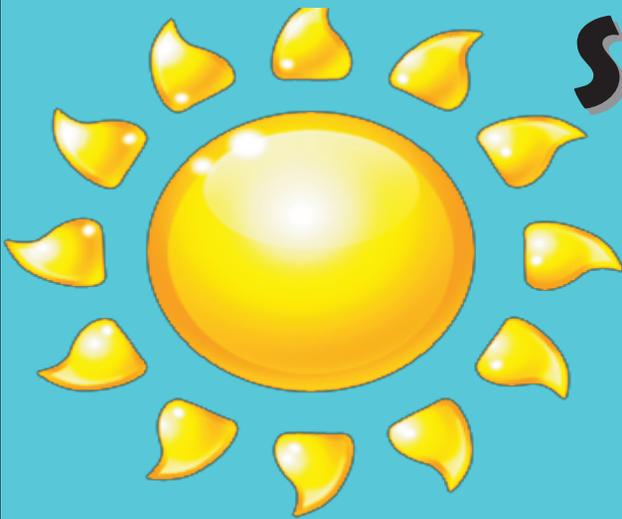
Among Friends



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

AUGUST 2014

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



Summer Social & Raffle

Wednesday, August 27

1:00—2:30 p.m.

Lakeside Park Pavilion

Raffle drawing at 2:00 p.m.

Join us for music, CA\$H prize bingo,
attendance prizes, custard and fun!

Don't forget to buy raffle tickets
for your chance to win over \$4000 in prizes!



Cost: Free to attend, but
\$1 for Culver's custard.

Reservations for custard
are REQUIRED.

Register & pay at the Senior Center by Aug. 21.

The Fond du Lac Fire Department
will be on hand to help scoop
custard and give you the
opportunity to take a picture with
one of their fire engines.

BRING THE GRANDKIDS!

See page 2 more details.



Special thanks to Culver's for donating the custard for our social!

WELCOME TO THE FOND DU LAC SENIOR CENTER



AUGUST
2014

A Free Monthly Publication
Vol. 5 • No. 8

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... dwinkelman@fdl.wi.gov
Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Visit us online at www.fdlSeniorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Mary Montag, RN from the Fond du Lac County Health Department is retiring after many years of performing foot care at the Senior Center. Mary will be missed as she has endeared herself to the many clients who took advantage of her services.



Happy Retirement, Mary!

FOOT CARE SERVICE

Is provided by the Fond du Lac County Health Department on most Thursdays at the Senior Center. The cost is \$20. Please call 322-3630 for an appointment for more information. Plan ahead as reservations fill quickly.

SUMMER SOCIAL

Wednesday, August 27 1:00-2:30 p.m.
Lakeside Park Pavilion

Bring the grandkids and come join the fun!

Come dressed as a firefighter or show off your black and white Dalmatian spots! Don't own anything with black spots? Drop off a white T-shirt at the Senior Center by Friday, August 15, and we'll paint black spots on it for you!

- Dalmatian/firefighter theme
- Fireman and fire truck for photo opportunity
- Fire Safety Bingo with **CASH** prizes!
- Music
- Culver's custard
- Attendance prizes—you have a great chance to win just by coming to this event!
- 50-50 raffle
- **PLUS OVER \$4,000 in raffle prizes will be awarded!**



Additional raffle tickets are available at the Senior Center.

Call 322-3630 to register for custard or more details. Please register by Friday, August 22.

BE INFORMED ON SENIOR SAFETY!

TRIAD/S.A.L.T. RETURNS TO THE SENIOR CENTER

The local TRIAD / S.A.L.T. (Seniors And Law Enforcement Together) will now meet at the Senior Center on the **4th Thursday of the month** at 1 p.m. All area seniors are encouraged to attend this first meeting on **Thursday, August 28**, at **1 p.m.** at the Fond du Lac Senior Center. Delicious **pie and ice cream** will be served and a **\$25 gift card** will be awarded as a door prize. Pre-registration is needed to plan for refreshments and seating. Call 322-3630.

Featured guest speakers:

- Fond du Lac County Executive—Allen Buechel
- Fond du Lac City Manager—Joe Moore
- Fond du Lac County Sheriff—Mick Fink
- City of Fond du Lac Chief of Police—Bill Lamb

There will also be reports from many senior community agencies.



S.A.L.T.

Seniors And Law Enforcement Together



Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the September *Among Friends* newsletter is Monday, August 4. 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.



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

Sponsored by Smith & Hatch Insurance.

The mission of TRIAD is to enhance the quality of life of older adults through education and active participation in statewide programs and projects by partnering seniors with law enforcement and senior service agencies to help reduce criminal victimization of older adults.

INTERGENERATIONAL

COMPUTER CHIPS

A Computer Club for Kids in grades 3-5

August 4, 11, 18, 25

4:00 p.m.

This club will give students in grades 3-5 the opportunity to learn about internet safety, movie making, and the latest tools and trends in technology. Students should bring their iPads and may be asked to download apps prior to each meeting.



Call 322-3360 to sign up. Space is limited to 8 students.

Adults interested in similar classes, please leave your name and phone number with the receptionist and another class will be set up for seniors.

Storytime

HAPPY CAMPERS

Monday, August 11

2–3:00 p.m.



Bring your grandchildren, nieces, nephews, neighbors, or friends for a FREE hour of fun sitting around the campfire and listening to camping stories. We will also have an awesome treat and do a fun craft—think fire flies and fun. Please call 322-3630 to pre-register by August 5 so we can plan for the craft.



Intergenerational Movie

“FROZEN” (102 minutes)

Friday, August 22

2:00-3:45 p.m.

Fearless optimist Anna teams up with Kristoff in an epic journey, encountering Everest-like conditions, and a hilarious snowman named Olaf in a race to find Anna’s sister Elsa whose icy powers have trapped the kingdom in eternal winter.

“Frozen” treats will be served to beat the heat!

DRIVING TIPS

CarFit offered at Senior Center

August 13 or September 24

9-11 a.m.



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

CarFit, is a national program designed to give a quick comprehensive check on how well an older driver and their vehicle work together. Trained volunteers will review a CarFit check list for a better “fit” for the driver which will provide the driver with greater comfort and better vehicle control.

A 15 minute appointment is needed and can be made by calling 322-3630. Seniors will drive their car to the Senior Center, 151 E. 1st Street, to the back parking lot on Gillett Street. The driver remains in their car while the volunteers take the driver through an observation and questionnaire session. Participants will receive a coupon for a free A&W root beer float!

ROUNABOUT SAFETY



Thursday, Sept. 18–10:00 a.m.

Randy Asman, Wisconsin Department of Transportation



Like them or hate them, roundabouts are here to stay. Newly constructed roundabouts are now open in Fond du Lac. Are you prepared to navigate them correctly?

Driving through an intersection can go from a relatively simple task to a fatal incident in a heartbeat. To help lessen the probability of a serious incident, some intersections are being redesigned into the newest form of an intersection – roundabouts. They can be a challenge to learn if you don't completely understand them. Education is such an important part of understanding and navigating roundabouts.

With this in mind, the Senior Center is presenting this FREE program on **Roundabout Safety: Roundabouts and How to Use Them**. The public is invited to attend. Don't miss this valuable safety program: **Thursday, Sept. 18, at 10:00 a.m., at the Fond du Lac Senior Center.**

You will leave with an understanding of how roundabouts work and what you need to do to navigate them safely.

After the presentation, sign up for hands-on roundabout training in your own vehicle!



Retirement Ahead!
Baby Boomers
Retirement Planning Series

Tuesdays, September 2, 9, 16 and 23 at 6:00 p.m.

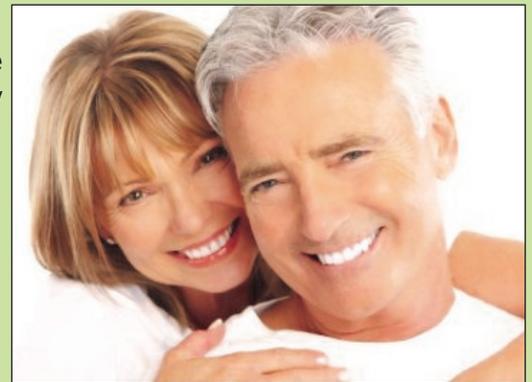
*"As in all ventures, the foundation of a good retirement is planning."
Earl Nightingale*

In today's world, retirement can be quite daunting if not planned. Join the Fond du Lac Senior Center for this **FREE four-part retirement planning series** where you will learn useful tips and pitfalls to avoid, so you can put together a personalized strategy for retirement.

If you are unsure of what your life in retirement will look like, or are wondering how to start planning for your retirement, this Baby Boomers Retirement Planning Series is for you!

Our guest speakers for this series of presentations will be:

- **Ben Baertschy**, Financial Adviser with Edward Jones
- **Terrence Gaffney**, Attorney with Colwin and Sager Law Office
- **Julie Hilbert**, Benefit Specialist with the Department of Senior Services
- **Elyse Allar**, Master of Arts in Counseling, Lutheran Social Services



Each week, one of our speakers will cover different topics including: **investments, insurance, taxes, wills, trusts, probate, Medicare, Social Security and even lifestyle.** Our goal is to provide you with the necessary tools to work out the logistics, so you can enjoy retirement to the fullest.

Open to the public. All ages are encouraged to attend, because you're never too young to start planning!



Fond du Lac Senior Center
151 E. 1st Street
Tuesdays, September 2, 9, 16 and 23
6:00 p.m.

*To register, call the Senior Center at 322-3630.
Registration deadline is Monday, August 25.*

Please tell your friends and children who are nearing retirement about this informative series!

HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

UPCOMING TRIPS

All day trips include driver's tip.

REMINDER: Motorcoach pick up point has been moved back to St. Vincent de Paul parking lot on Peters Avenue.

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

Classic Italy

Featuring Rome, Florence & Venice
March 19, 2015, 12 days



Join us for an informational meeting and
last chance to sign up for
\$100 early bird discount!

Wednesday, September 3, 2;30 p.m



CASINO TRIPS



Come play with us!



Overnight at the Island Resort and Casino

Tuesday and Wednesday, October 14 & 15, 2014

Cost: \$109

Leave: 8:00 a.m. Tuesday

Home: 7:00 p.m. Wednesday

On our way to the casino, we'll have breakfast at the Pancake Place in Green Bay. On the way home, we'll stop at Sequin's House of Cheese in Marinette, WI and then make a quick stop to pick up your own piece of award winning pie at Wayne's. Your evening meal will be at the Machine Shed in Appleton (Dutch treat). Pick up a brochure at the Happy Travelers office.



Old World Wisconsin

Eagle

- and -



Kelley's Creamery

Fond du Lac

Thursday—September 4 \$65

Leaving: 8:30 a.m. Home: 5:30 p.m.

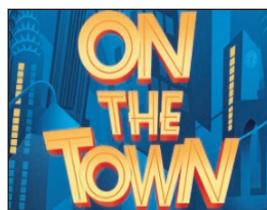
Who knew history could be so fun! Old World Wisconsin is an interactive experience where the settlement of the Midwest comes to life. Discover 10 immigrant farmsteads and a crossroads village showcasing early Wisconsin traditions. **Lunch is included.**

The Marriott Theatre

Lincolnshire, IL

Wednesday—October 8 \$69

Leaving: 9:00 a.m. Home: 7:00 p.m.



It's 1944 and three American sailors hit the Big Apple in search of love, fun, and the beautiful "Miss Turnstiles!" This hysterical musical comedy features an unforgettable score by Leonard Bernstein, and a hilarious book by Comden and Green. In this whirlwind adventure, sailors Gabey, Ozzie and Chip only have 24 hours to see the famous sights and find romance before they report back



North Star Casino

Wednesday, August 27

Cost: \$54

Leave: 8:30 a.m. Home: 6:45 p.m.

Dinner at Schwarz's

Thursday, November 13

Cost: \$54

Leave: 8:30 a.m. Home: 6:45 p.m.

Dinner at Jim & Linda's

HAPPY TRAVELERS

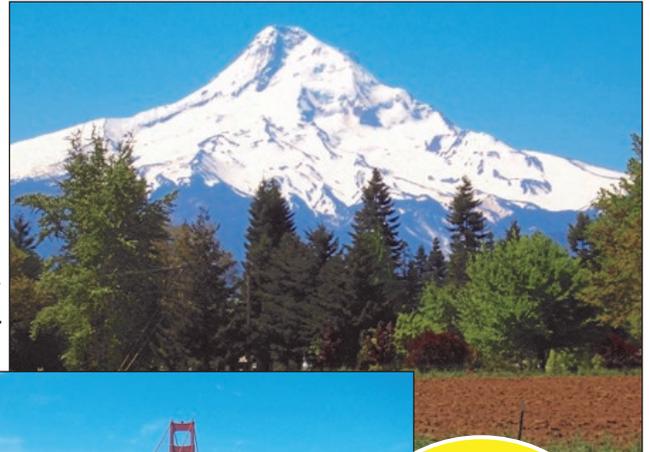
Fond du Lac Senior Center presents . . .

Pacific Northwest & California

Featuring Washington, Oregon and California
September 21–28, 2015

8 days, 10 meals, depart from Milwaukee
\$2,799 double occupancy

Highlights of this beautiful trip include: Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Portland Spirit Cruise, Newport, Brandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco.



Book now
& save
\$100
Per Person

Join us for a preview of this trip.

Thursday, October 9, 10:00 a.m.

Senior Center

Call 322-3635 for more details.

FUN AND LEARNING

Margaret Jarek

NATIVE AMERICAN STORY TELLER

Friday, September 12—1:30 p.m.

Story telling was the original way Native Americans passed their culture and traditions on to future generations. Margaret will share stories from various tribes, many of which incorporate animal symbolism, as animals are believed to be our great helpers.

Story telling comes naturally for Margaret, whose ancestry is Native American. She is also a featured columnist for The Reporter. **To register, call 322-3630 by September 5.**



LEARNING IN RETIREMENT

Tuesday, August 19 - 10:00 a.m.

Learning in Retirement (LIR) promotes lifelong learning for mature adults through more than 100 courses each year given in a variety of formats. Join us on Tuesday, August 19 for a presentation on LIR programs and learning formats. **Call the Fond du Lac Senior Center at 322-3630 to register.**



Wii BOWLING—COME JOIN THE FUN!

New participants and subs needed. Come learn how to play on Thursday, August 14, 10-11 a.m.



BAGELS WITH BEN

Ben Baertschy, Financial Advisor with Edward Jones Investments, has arranged to have Mike Dearth from Invesco talk about investing on Tuesday, Sept. 9 at 9 a.m. Stop by the Senior Center for this informational presentation. Bagels from The Bagelmeister. Free to attend.



Aging and Disability Resource Center Newsletter

The Aging and Disability Resource Center of Fond du Lac County provides information on services and resources available to older adults, people with disabilities, their caregivers and the general public. The ADRC will be distributing a newsletter 4 times a year. **If you would like to be put on their mailing list for this newsletter call 929-3466.**



FOND DU LAC
SENIOR HOUSING
OPTIONS

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

"Nursing Home Options"

Friday, August 8, 2014 9:00 – 10:30 a.m.

Fond du Lac Senior Center

151 E. 1st Street

322-3630

Register to win
a \$25 gift card
in a door prize
drawing at 10:30

BOOTHS TO VISIT:

- ◆ Fond du Lac Lutheran Home
- ◆ All About Life Rehabilitation Center
- ◆ Grancare Nursing & Rehab Center
- ◆ Harbor Haven Nursing Home
- ◆ ManorCare Health Services
- ◆ St. Francis Home

8:30—10:00 a.m. Free Hearing Screening by Avada (appts. available)

9:00—10:00 a.m. Free Blood Sugar (fast required)

Free Blood Pressure Screenings

9:00—10:00 a.m.

- Receive hand-outs
- Speak with representatives from local facilities
- Register for door prizes (drawing at 10:00 before Sandy speaks)

10:00—10:30 a.m. Brief overview on Nursing Home Options presented by Sandy Tryon of ADRC (Aging and Disability Resource Center). Participants will learn about what to look for in a nursing home, types of care provided, current costs, financial assistance available, and other matters to consider.

*Pre-registration is needed in planning for hand-outs,
refreshments (provided by All About Life Rehabilitation Center) and seating.*

Call 322-3630 to register.

Senior Wellness Coalition Mission:

Joining forces to maximize resources for Fond du Lac area seniors

NEW COUNSELOR

Elyse Allar has temporarily replaced Catherine Jones as the Senior Center Counselor. Catherine recently resigned from Lutheran Social Services.

Elyse has a special interest in working with older adults and their families.

As a former caregiver for 5 1/2 years at a home care service and an intern social worker at a nursing home and rehabilitation facility in her undergrad degree, Elyse understands the adjustments and challenges that older adults and their families face throughout their late life milestones. Elyse enjoys working with older adults and their families to develop coping skills, problem-solving strategies, and adjustment issues including substance abuse, mental health, aging, care giving, Alzheimer's/dementia, wellness, grief and loss, and retirement. In addition, during her master's program, Elyse was an intern counselor working with AODA and mental health issues, worked with a Licensed Clinical Social Worker (LCSW) regarding the topic wellness that contribute to AODA, recovery, physical health, and mental health, and has had experience with grief support provided at a funeral home. **Call Elyse at 920-225-1713 for an appointment. She will have office hours on Wednesdays at our Senior Center.**



Special thanks to Lutheran Social Services for this partnership!

MOVIE

“Saving Mr. Banks”

Thursday, August 14, 2014

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

AUGUST 14 MENU: Hawaiian meatballs, baby red potatoes, carrots, watermelon slice, cinnamon roll, dinner roll, milk

12:30 p.m. Movie: “Saving Mr. Banks”

Starring: Emma Thompson, Tom Hanks, Annie Rose Buckley

When Walt Disney's daughters begged him to make a movie of their favorite book, *Mary Poppins*, he made them a promise—one that would take 20 years to keep. In his quest to obtain the rights, Walt comes up against a writer who has no intention of letting her beloved magical nanny get mauled by the Hollywood machine. **2013 movie; Biography/Comedy/Drama, 2 hrs 5 mins; PG-13**

Register for each activity separately. Call 929-3937 before 1 p.m. August 13 for lunch. Call 322-3630 for the movie. Movie is free and open to the public. Free popcorn and refreshments.

Special thanks to Family Video, 32 E. Johnson Street.

RAFFLE PRIZES

Annual fundraiser sponsored by
the Friends of the Fond du Lac Senior Center

OVER
\$4000
In CASH &
PRIZES will be
awarded

2014 RAFFLE TICKETS

Tickets available to the public—pick up at front desk or purchase right up until the drawing at 2 p.m. at Lakeside Park on August 27th.

TOP PRIZE \$500 Cash donated by *J.F. Ahern Co.*

- Sterling & Diamond Heart Pendant Necklace—value \$448 *The Goldsmith*
- Park Bench - value \$447 *BCI Burke*
- \$400 Cash *Zacherl Funeral Home*
- \$150 Gift Certificate *Busy Acres Nursery*
- 4 Rounds of Golf - value up to \$148 *Whispering Springs Golf Club*
- Night Stay - value up to \$130 *Holiday Inn*
- Brewers Tickets - value \$112 *KFIZ*
- \$100 Kwik Trip Gas Card *Fox Valley Savings*
- \$100 Gift Basket *Lake View Place*
- \$100 Cash *Michels Corporation*
- \$100 Cash *Niagara Investments / Joe Ziegler*
- \$100 Cash *Uecker-Witt Funeral Home*
- Gift Package - value \$75 *Gallery & Frame Shop*
- \$75 Gift Certificate *C.W. Smith Jewelers*
- Handmade Noah's Ark with animals *Waupun Correctional Institute*
- 4 Rounds of Golf - value \$72 *Oakgreen*
- \$50 Gift Certificate *Krail Jewelers*
- \$50 VISA Gift Card *National Exchange Bank*
- \$50 Cash *Calvary Cemetery*
- 6 Movie Passes *Sheriff's Dept.*
- Aaron Rodgers Photo Plaque *Fond du Lac Glass & Framing*
- Spa Package *Techniques Salon & Spa*
- Gift Basket *American Bank*
- \$25 Gift Certificate *Gilmore's Liquor*
- \$25 Gift Certificate *Wood Sampler*
- One Month Membership - Wellness Center *Lutheran Homes & Health Services*
- \$25 Gift Card *Trinity Restaurant (2 prizes)*
- \$25 Gift Card *Commonwealth Coffee Co. and Deli (2 prizes)*
- \$20 Gift Card *Gino's Italian Restaurant (2 prizes)*
- \$20 Gift Card *Techniques Salon at Moraine Park (2 prizes)*



Numerous prize packages featuring gift certificates and prizes from area restaurants & businesses:

Cool River Sports Grill; Domino's Pizza; Haentze Floral & Gifts; Jet Stream Car Wash; Living Light Studio; Pick 'n Save; Pump & Pantry; Schmitty's Oar House; Taycheedah Correctional Institute and more coming in every week!

Special thanks to ***Mach Funeral Chapel & Crematory*** and ***Grande Cheese***

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

103-483-21196	R, T, R	Aug 28, Sept 2, 4	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.00	\$34.55
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER BASICS 2

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

103-485-21197	T, R, T	Sept 9, 11, 16	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.00	\$34.55
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3

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

103-490-21198	R, T, R	Sept 18, 23, 25	3 days	9:00 a.m.—Noon	9 hours	J. Brueggemann	\$4.00	\$34.55
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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.

COMPUTER BASICS 4

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

103-491-21387	T, R, T	Sept 30, Oct 2, 7	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.00	\$34.55
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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.

COMPUTER BASICS 6

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

103-474-21375	T, R	Oct 14, 16	2 days	9:00 a.m.—Noon	6 hours	J. Smith	\$4.50	\$23.38
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Expand your knowledge of computers in this hands-on open lab. Practice keyboarding and review skills learned in Computer Basics for Beginners 1-5. Textbook optional.

SMART VACATION—TRAVEL WISCONSIN

891-600-20785	R	Sept 11	1 time	1:00—4:00 p.m.	3 hours	K. Beaman	\$20.40	\$25.70
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Discover wonderful opportunities for affordable, fun and interesting vacations for all ages in our own beautiful state.

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

USING CRAIGSLIST

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

103-603-21252	W	September 24	1 time	Noon—4:00 p.m.	4 hours	K. Beaman	\$20.40	\$25.70
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Learn about selling and buying personal items on Craigslist. Topics covered include how to get started, how Craigslist works, understanding the multiple options for listing and paying for items, and developing awareness of security issues.

INTRODUCTION TO USING THE IPAD

103-607-21378	M,T,W	Oct 13, 14, 15	3 days	1:00—4:00 p.m.	9 hours	J. Smith	\$44.25	\$57.50
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Learn how to use the iPad including how to set it up; how to find, install and use apps; how to access the Internet; use e-mail, create files; and tips on performing useful functions and other features. You will need to have your own iPad.

IS THE IPAD FOR YOU?

103-606-21377	W	Oct 15	1 day	9:00 a.m.—Noon	3 hours	J. Smith	\$20.40	\$25.70
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Learn about the iPad to determine if you could use the iPad instead of a computer. Connect wirelessly to the Internet almost anywhere there is access to a cell tower to send and receive e-mail, read books, take pictures, look at photos, write letters and essays, research family trees, play games, watch movies, and listen to music. Find out what decisions you need to make prior to purchase.

BASIC MICROSOFT EXCEL

103-453-21389	T, W, R	Oct. 28, 29, 30	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 onto a worksheet. Create and edit charts and sort and file data. Use drawing tool bar features.

RECREATION

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

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

ART CLASSES

Tuesday AM & PM See page 17

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): Rienzi Cemetery
1st Tuesday (even months): Hospice Advantage
2nd Tuesday (even months): Comfort Keepers
2nd Tuesday (odd months): FDL Lutheran Home
3rd Tuesday (odd months): ResCare HomeCare
3rd Tuesday (even months): Lake View Place
4th Tuesday (odd months): Shepherd Law Office
4th Tuesday (even months): Riverside Sr. Apts.
5th Tuesday: Right at Home

BOOK CLUB

3rd Monday at 9:30 a.m.

August *No Meeting*

Sept. 15 *Ready Player One* by Ernest Cline
(Fond du Lac Reads selection)

Oct. 20 *The Book Thief* by Markus Zusak

Book synopses available at front desk.

New members welcome.

BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

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

Thursdays at 12:45 p.m.

CANASTA

1st & 3rd Wednesdays at 1:00 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 Gerry Krebsbach 921-9509 for info.

FLY TYING CLUB

2nd Thursday of month at 1:00 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

LINETTES (EZ Line Dancing)

Call for info 322-3630

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues

Meeting Aug. 29 at 10:00 for team set up

8-Ball Tuesdays 8:30 a.m.–12:30 p.m.

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

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include a Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues and a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch...

You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, August 7

Faro's

Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Center if attending.

Saturday, August 16

Gino's

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

WACKY RACES

Will resume in the fall

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.

Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Will resume meetings mid-September

The Memories Writers meets to share and preserve life experiences and family history.

New members welcome!

HEALTH & WELLNESS



August Bike Ride

Join us **Wednesday, August 13 at 10 a.m. at the Community Park in Eden.** If you drive there, parking is available. We will ride the **Eisenbahn State Trail.** This is not a paved trail. It is about 11.5 miles from Eden to the Washington County line. The trip is about 23 miles roundtrip. Please call 322-3630 to register. 50¢ donation. Cancellations on ride day, call Caroline Dilling at 922-3561 by 9 a.m. Rain date: August 20.

TAI CHI A new 8-week session will start on September 2 and end on October 21. 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.



EXERCISE CLASSES

LOW IMPACT CHAIR EXERCISE

With **Jaime Roth**

Mondays 9:00 – 9:30 a.m.

Sponsored by **All About Life Rehabilitation Center**

CHAIR EXERCISE VIDEO

Men & Women Welcome!

Wednesdays 9:45 – 10:15 a.m.

Sponsored by **Lutheran Homes and Health Services**



Walking class meets every Monday afternoon (Room 3) and Thursday afternoon (Activity Room) at 3:45 p.m. For comfort, wear walking shoes. 50¢ Donation. Walk in climate controlled comfort.

OTHER EXERCISE

Hikers Tuesday & Thursday mornings

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

Beginning Line Dance..... Thursdays 9—10:30a .m.

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

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

Zumba Gold.....Monday evenings 5:30 to 6:30 p.m. at the American Legion; Call 920-606-9078 for information.

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HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Agnesian Home Care

Friday, August 8; 9—10:00 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, August 8; 9—10 a.m.

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

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – of Agnesian HealthCare

Lipid Panel + Glucose screening

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

2nd Tuesday in May, November

Cost: \$20; Call 322-3630 for appointment. *12-hour fast required*

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, August 14, 21 and 28

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, August 8; 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, August 26; 10 a.m.—4 p.m.

Usually 4th Tuesday of the month

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

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

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

2nd Tuesday in May, November

Cost: \$40; Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday; August 28; 6:30—8:00 p.m. *(4th Thursday of the month)*

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

DIABETIC SUPPORT GROUPS

Tuesday, August 19; 4:00—5:00 p.m. *(3rd Tuesday of the month)*

Aurora Health Care Center, 210 American Drive ~ American Room

Watch September Newsletter for next meeting.

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

GLUTEN FREE SUPPORT GROUP

Tuesday, September 16; 6:30—8 p.m.

Fond du Lac Senior Center, 151 E. First Street

PARKINSON'S SUPPORT GROUP

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

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

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

HEALTH & WELLNESS

Simple Solutions for Your Total Wellness

Chris Weed & Carla Jahnke

Thursday, August 7
10—11 a.m.



Chris Weed and Carla Jahnke, Senior Directors for the Total Wellness Center, will talk about heart health, joint health and the critical need for Omega 3's in everyone's diet. They are concerned about physical, environmental, financial health. Questions are welcome. To register for this workshop, please call 322-3630.

LOOK GOOD...FEEL Better Wednesday, September 10 10 a.m. — Noon

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



Nursing Home Options

Friday, August 8
9—10:30 a.m.



HEALTH SCREENINGS: 9—10 a.m.

Blood Pressure
Blood Sugar (fast required)
Hearing Screening (8:30 to 10 a.m.)

Booths: Fond du Lac Lutheran Home, All About Life Rehabilitation Center, Grancare Nursing & Rehab Center, Harbor Haven Nursing Home, and ManorCare Health Services

SPEAKER: 10—10:30m.

Sandy Tryon, Director of Aging & Disability Resource Center Sandy will discuss what to look for in choosing a nursing home, who should go to a nursing home and more.

Vendor Drawings at 10 a.m.; \$25 gift card drawing at 10:30 a.m.
Please call 322-3630 to register.

Mark Your Calendar! Senior Wellness Morning

Friday, September 12; 9—11 a.m.

Booths, health screenings 9—10 a.m.;
Jeopardy 10—11 a.m.

Life Line Screening

Thursday, September 25; 8-4:30 p.m.

Flu Shots

Thursday, October 30; 8—10 a.m.



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit **Deerview Meadows, 496 Wisconsin Court, Tuesday, August 26 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.** New volunteers are welcome. If you would like to participate or have questions, please call 322-3630.

SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, August 7.** At 9 a.m. we will meet to submit reports, share concerns, and encourage each other. At 10 a.m. our speaker will be **Chris Weed**, joint owner of the Total Wellness Center, will speak on nutrition addressing heart health, joint health, and the need of Omega 3's in everyone's diet.

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

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt.—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Notary services by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.
Craft Intake held Tuesdays from 9:30 a.m.—NOON
Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program
Meals served at Senior Center Monday—Thursday at 11:45 a.m.
Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend.
Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist
Julie Hilbert can be reached at 929-3521.

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KWIK TRIP SCRIPT CARDS COMING SOON!

These easy to use cards can be used at any Kwik Trip for gas or anything in the store (except money orders).

**For every \$25 card you buy,
the Senior Center makes \$2.50!**

What a great way to support the Senior Center!

LET'S DO LUNCH!

Senior Dining



Fellowship, Food & Fun

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Thursday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. **Menus are available at the front desk or our website: fdlseniorcenter.com**

CLASSES, CROPS & RECREATION

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	Tuesday	10 am—noon		\$16
September 2, 9, 16, 23; Session 2: Sept. 30, Oct. 7, 14, 21				
Drawing & Watercolor	Tuesday	1—3 pm	6	\$21
July 1, 8, 15, 22, 29, August 5, 19				
Mixed Media	Tuesday	3—5:00 pm		\$16
August 5, 19, 26; Session 2: Sept. 9, 16, 23, 30				
Open Sewing Lab	Wednesday	3:30—6:30 pm	5	\$15
Sign up any time for next class: October 1, 8, 15, 22, 29				
Country Line Dancing	Thursday	6—7:30 pm	4	\$10
August 7, 14, 28				
Beg. Country Line Dance	Thursday	9—10:30 am	3	\$7.50
August 7, 14, 28 *NOTE! Moved from Saturday mornings to Thursday mornings for the summer.				

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

Next class: Tuesday, August 12

New Items and Card Buffet

3 sessions to choose from:

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

Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. **To register, contact Jana at 920-979-5262 or stampinjana@charter.net by Monday, August 4.**

SCRAPBOOK CROP

A scrapbooking crop will be held at the Senior Center on **Saturday, August 23**, with Colette Jaeger. The crop is open to all ages and is an all-day event. If you are new to scrapbooking, this would be the way to get started! Make new friends and get those photos in keepsake books.

Colette Jaeger at 602-2486 to register.



BEGINNING YOGA

Thursdays, Sept. 4—Oct. 9

Introduces students to all the essentials of yoga. Practice breathing techniques, stretches, and posture. Please bring a yoga mat or blanket.

Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$44.25

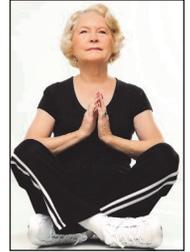
Course #: 807-600-21384

Dates: Thursdays

Sept. 4, 11, 28, 25, Oct. 2, 9

Time: 10:30—11:30 a.m.

Register for these classes at MPTC in person (use the C-1 Main Entrance) or by telephone at 922-8611 (ask for registration desk). You will need the course number when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged.



ARTIST OF THE MONTH

August: Elizabeth Frank

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

SENIOR DINING

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

August 5 Alibi's

August 12 Mancino's

August 19 Fat Joe's

August 26 Pizzaville



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

OPEN TO
ANYONE

More info: call Max at 920-269-4180.

This group is separate from the Senior Center Supper Club (see page 13) but both are fun groups to join. Dine out and make some new friends!

VOLUNTEER OPPORTUNITIES!

The Senior Center is seeking the following:

- Musically talented adults to mentor young music students one evening a week
- Enthusiastic adult to lead our Walk Live! Group two afternoons a week
- Outgoing adults to call Bingo on an as needed basis
- Adults willing to share their hobbies or skills with others monthly or weekly

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies—any age. Pick up a "What's Buzzin'" newsletter at the front desk to see details about chapter activities.

We need a new Queen Bee! If you would like to be our next Queen, please give Dottie a call at 322-3630.



50th JUBILEE FOR SR. ANGIE

Thursday—August 7

Mass (optional) 11:30 a.m. with lunch to follow

See Red Hat Honeys newsletter for details and in the 3-ring binder. Let's celebrate with Sister Angie!

Hostesses: Nancy Smet, Sr. Mary Rose Mies, Sue Tedford, Audrey Mathieu, Donna Charneski

LABOR DAY PARADE

Monday—September 1

Meet at FIVES on Doty Street at 10:30 a.m. You MUST pre-register in the 3-ring binder if you plan to participate. We do need convertibles for those wanting to ride. Others are welcome to walk, ride a bike, or maybe we could arrange a flatbed trailer if there is enough interest. See the binder for details. The parade will go north to Lakeside Park. Hostesses: Judi Walters & Lucy Redman. **DEADLINE TO REGISTER:**

August 26

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Will our chapter have a 12 year anniversary celebration?
1st (dis)organizational meeting: September 26, 2002

THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC

Monday—Friday 9 a.m.—4 p.m.

Or by appointment evenings & weekends!

Hungry?

We have locally grown and prepared items including hickory nuts, black walnuts, honey, jams, soup mixes, beer bread mix, caramel corn and fresh cookies!



2014 FRIENDS MEMBERSHIP APPLICATION

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

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

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

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

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:

CHOICE OF SUPPORT:

- \$10.00 Single**
- \$15.00 Couple** (Husband and Wife)
- \$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2014 is optional but *very much appreciated!*
- \$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2014 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.
- \$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2014 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
- PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

THANK YOU FOR BEING A FRIEND!
We need a **few** more members to break our 2013 record of 2,616 Friends!

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

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

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

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

NEW 2014 Member Renewal Receptionist Initials _____

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

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

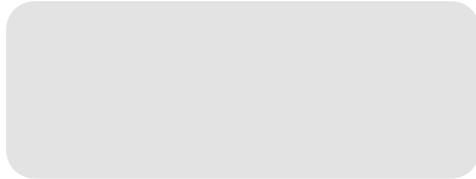


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Dottie Winkelmann 322-3630
dwinkelmann@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

CO-WELLNESS COORDINATORS

Jean Holzman 322-3636
Sarah Olson 322-3636

CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Cecilia Lynch 322-3639

PROGRAM COORDINATOR

Cathy Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

CENTER CARETAKER

Bob Rose 322-3630

COUNSELOR

Elyse Allar 920-225-1713

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Susanne Dennis
Jerry Gordon
Mary Kind
Vickie Michels
Charlotte Nelson
Irv Pea
Ruth Smith

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Councilman Gary Miller
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Ross Purcell
Dave Redman
Jaime Roth
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