And the winner is...

**Be the first to know by attending our annual Summer Social and Raffle!**

*Wednesday, September 2; 1:00-3:00 p.m.  
Lakeside Park Pavilion*

- Car Show 1:00-3:00 p.m.
- Sock Hop 1:30-2:30 p.m.  
  Music by Record Entertainment
- Raffle Drawing 2:30-3:00 p.m.
- Fun Contests & Prizes including:
  - oldest yearbook
  - best 50’s male and female outfit
  - dance contests
- Dilly Bars  
  Provided by Fond du Lac Avenue Dairy Queen

$3 gets you into the sock hop, car show, raffle announcement and a Dilly Bar. Pre-registration is required. Sign up at the Senior Center today!
Hi All~

In case you didn’t know, customer service is one of my “things”. I appreciate good customer service and if I happen to receive GREAT customer service, I try to let someone in management know. The same is true if I receive poor customer service; I usually try and talk to a manager. The reason that I do this is because I don’t think it is fair to talk about a bad experience or to stop patronizing a business without letting the business know and giving them an opportunity to improve. I’m a firm believer that you can only improve on things if people bring them to your attention.

Why am I talking about this? Because I believe it is very important for us to give good customer service. One of our staff members was on vacation a couple of weeks ago and when she returned she had a list of things that she noticed that were different than before she left. After thinking about it, I realized that most of the things on her list were part of what I feel is good customer service. Maybe you have noticed a few of them.

We have put calendars up outside of each of our rooms. Each room’s calendar shows what events are going on in that room for that week. I believe these calendars will serve a couple of purposes. They will help participants find the room for a particular class, event or activity. They will also let people see the large variety of things that go on each day at the Center. The calendars are also available for the receptionists at the front desk so that are easily able to provide answers to anyone who may be looking for information.

One of the other more noticeable things are the cement barriers in the parking lot. From my first day here, I have watched people – most of whom were not participants at the Center – drive the wrong way through the pass-through between the front and back of our Center. I asked the city to repaint the lines and arrows, hoping that the reason people were going the wrong way was because the arrows were faded. Unfortunately, that didn’t seem to make a difference. Because I was very concerned that someone in the front parking lot was going to be hit by a vehicle going the wrong direction, the decision was made to block off the area to prevent vehicle traffic. The cement blocks will eventually be replaced with something a little more aesthetically pleasing.

How is this related to customer service? Because to me, keeping the Center safe and welcoming is good customer service. I’ve said it before - I think we are doing wonderful things here! But that doesn’t mean that there isn’t always room to improve. Like Walt Disney said, “Do what you do so well that they will want to see it again.” Come and see what we are doing!
Help us help you . . .
Buy Kwik Trip Cards at the Center!

For every $25 card you buy, up to $3.75 comes back to the Senior Center to help support the operation of the Center. We earn 5% on gas purchases and 10% on in-store purchases when you use Kwik Trip cards purchased here.

Cards can be used at the pumps for gas or for any in-store purchase (excluding money orders).

Great for your everyday needs, including gas, milk, bread, bananas, potatoes, etc. and they make great gifts, especially for teen drivers!

Purchase your Kwik Trip cards at the This 'n That Craft & Gift Shoppe inside the Senior Center.
Win your share of over $4,000 in cash and prizes!

Raffle items include:

- $500 Cash  J.F. Ahern
- $400 Cash  Zacherl Funeral Home
- 5 Brewers Tickets with Parking - value $305  Mi-Tech Services
- 4 Rounds of Golf - value $250  South Hills Golf & Country Club
- $200 Cash  TTI Trucking
- Sterling and Diamond Pendant - value $195  The Goldsmith
- Stainless Cross and Chain - value $195  The Goldsmith
- 6 Mo. Membership - value $180  LH&HS Wellness Center
- Night Stay – value up to $140  Holiday Inn, FDL
- 4 Brewers Tickets – value $100  KFIZ
- $100 Cash  Michels Corporation
- $100 Cash  Uecker-Witt Funeral Home
- $100 Kwik Trip Gift Card  Fox Valley Savings Bank
- Mary Kay Basket – value $100  Jana Secord
- Painting – value $85  Lisa Ritchie
- $75 Gift Certificate  CW Smith Jewelers
- 4 Rounds of Golf – value $72  Oakgreen Golf Course
- 1 Friday Fish, 10 Free Games Bowling – value $62  Ledgeview Lanes
- Handmade Quilts – value $50 each  Flying Geese Quilt Club, and Nan Schroeder
- Handmade Quilt – value $50  Sunset Stitchers Quilt Guild
- $50 VISA Gift Card – National Exchange Bank & Trust
- $50 Cash  Ottery Transportation
- $50 Cash  Tim Cruz, American Family Insurance
- Titletown’s MVP Quarterbacks Plaque – value $50  Fond du Lac Glass & Framing
- 6 Movie Passes – value $48  FDL Sheriff’s Department
- Small Hope Chest – value $45  Waupun Correctional Institution
- $40 Gift Certificate  Krail Jewelers
- Watkins Sampler Basket – value $40  Bob Hanke
- $25 Gift Certificate (4)  A&E Jewelers
- $20 Gift Certificate (2)  Country Visions Co-op
- $35 Gift Certificate  Northwinds Supper Club
- $25 Gift Certificate  Wood Sampler
- $25 Gift Certificate  Silica Appliance
- $20 Gift Certificate  Cobblestone Hair Studio
- $20 Gift Certificate  Pick N Save

Numerous prize packages featuring gifts from: Action/Reporter Media, Blanck’s Lake Aire, Model Cleaners, Jet Stream Car Wash, Pump & Pantry, Schreiner’s, Backyard Grill, Red Cabin at Green Acres, Blanck’s in Johnsburg, Domino’s Pizza, Fat Joe’s, and MORE PRIZES COMING IN EVERY WEEK! Watch future newsletters for updated list or see the complete list at the Senior Center.

Thank you for your support!
**Group Discussion with Andrea**

**“ASSERTIVENESS”**

**Tuesday, August 18; 3:15 p.m.**

Come and join this month’s discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be “Assertiveness.”

Assertiveness is the healthy place between being aggressive and being a doormat. Learn how to be assertive at this month’s discussion group.

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

---

**SHOW YOUR TEAM SPIRIT!**

Wear your green and gold on game days or the Fridays before games.

**2015-16 Game Schedule:**

- **Thursday, August 13** at New England Patriots
- **Sunday, August 23** at Pittsburg Steelers
- **Saturday, August 29**—Philadelphia Eagles
- **Thursday, September 3**—New Orleans Saints
- **Sunday, September 13** at Chicago Bears
- **Sunday, September 20**—Seattle Seahawks
- **Monday, September 28**—Kansas City Chiefs
- **Sunday, October 4** at San Francisco 49ers
- **Sunday, October 11**—St. Louis Rams
- **Sunday, October 18**—San Diego Chargers
- **Sunday, October 25**—Bye
- **Sunday, November 1** at Denver Broncos
- **Sunday, November 8** at Carolina Panthers
- **Sunday, November 15**—Detroit Lions
- **Sunday, November 22** at Minnesota Vikings
- **Thursday, November 26**—Chicago Bears
- **Thursday, December 3** at Detroit Lions
- **Sunday, December 13**—Dallas Cowboys
- **Sunday, December 20** at Oakland Raiders
- **Sunday, December 27** at Arizona Cardinals
- **Sunday, January 3**—Minnesota Vikings

---

**BINGO**

Enjoy a sweet afternoon of fun with your grandchildren!

**Candy Bar Bingo**

**Thursday, August 27; 1:00—2:00 p.m.**

This special bingo event is open to all seniors and their grandchildren, great-grandchild or other special child. All sizes of candy bars will be awarded as prizes. Cookies and lemonade will be served.

Call 322-3630 before Thursday, August 6 to register.

---

**WHEN I’M 65**

**Thursday, August 20**

**1:00 p.m.**

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

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. **This program is not just for those turning 65—but for anyone who has benefit concerns or questions.** Call the Senior Center at 322-3630 to register.

---

**Seeking Wii Bowlers for the 2015-2016 Season**

Grab your friends and form a team!

Four people per team. Subs are also needed. Bowl every Friday, 12:30—3:00 p.m. September—March.

Call Darlene Lyness at 238-9886 for more details.
OUTDOOR GAMES
We will be playing Bocce Ball, Corn Hole, and Washer Box on the grounds of the Senior Center! Form a team or play one-on-one. Come play anytime 9 a.m.–4 p.m. on days the Center is open and the weather cooperates. Call the front desk at 322-3630 to reserve the game equipment. Don’t know how to play the games? Give us a call and we’ll set up a time to teach you.

Train Extravaganza and Lunch
Saturday and Sunday
August 15 & 16
9:00 a.m.–3:00 p.m.
Fond du Lac Society of Model Railroad Hobbyists

Come experience the magic of model railroads! Several tracks will be running on displays in 3 rooms at the Senior Center. An event sure to be enjoyed by children and adults alike.

Lunch and Snacks will be available.
Stop by the kitchen for a snack or lunch. Soda, water, chips, popcorn, hotdogs, brats and burgers will be available for purchase. Proceeds benefit Friends of the Fond du Lac Senior Center.

Lunch Sponsors:
Sat., August 15—This ‘n That Gift & Craft Shoppe
Sun., August 16—Senior Center Pool League

Volunteers needed to grill and serve food. Call 322-3630 if you can help!

The Writing Group
Fridays at 1:00 p.m.
September thru May
(no meetings in summer)

The Writing Group’s first meeting of the Fall 2015 season will be Friday, September 11. Members write a few paragraphs each week relating their personal memories and experiences of times past or current. There are no critiques, just a sharing of thoughts and feelings on paper.

New members are always welcome. A donation of .50 cents for the Senior Center is collected from each member weekly. Members take turns bringing a dessert for refreshments following the meeting.

FREE JAM SESSION!
Tuesday Evenings
August 4, 11, 18, 25, September 1
7:00—9:00 p.m.
Fond du Lac Senior Center

Bring your own ax or voice and we will chop some sounds! No boos allowed.

Some instruments will be available at the Senior Center to loan. Donations appreciated.

Public Invited!
National Senior Citizens Day
Friday, August 21
11 a.m.—1:30 p.m.

We’re celebrating the day and showing our appreciation for all the achievements and contributions seniors make to our community!

Enjoy entertainment by The Rascals from 12:00—1:00 p.m., Sloppy Joes, pickles, chips, cake, coffee and lemonade.

This event is free but donations are appreciated. Call 322-3630 before Friday, August 14 to register.

Come learn about
Cold Laser Therapy
Thursday, September 10th at 1:00
Dr. Vickie Goldapske with Dynamic Chiropractic

Cold Laser Therapy is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality.

Some of the conditions that may typically be treated by cold laser therapy include:

- Arthritis pain
- Carpal tunnel syndrome
- Knee pain
- Tendonitis
- Back pain
- Fibromyalgia pain
- Neck pain
- Plantar fasciitis

Learn more about Cold Laser Therapy at this presentation. To register, call Center at 322-3630.

Pool League Meeting
Friday, August 21
10:00 a.m.
Senior Center room 2/3
All pool players are encouraged to attend.

- 8-Ball League:
  2-man teams, Tuesday mornings
- 9-Ball League:
  1-man teams, Wednesday mornings

If you would like to participate in the pool leagues this fall but are unable to attend the meeting, please sign up on the pool room bulletin board.

Programs & Activities

Anyone interested in playing Euchre?
We would like to get a group together to play weekly.

If interested, join us at the Senior Center on Friday, August 7th at 1:00 p.m.

September is National Senior Center Month
Celebrate LIFE at Your Senior Center!

Learning—expand your knowledge
Independence—live on your terms
Friends—Enjoy life
Energy—Discover health and vitality

Help us showcase everything our Center has to offer during the month of September. We have lots of special programs, events and activities planned. Be sure to bring a friend and try something new!

Watch for more details in September’s newsletter.
**Artist of the Month**

**August: Shirley Gurath**

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!

*Remember to turn in your raffle tickets for a chance at over $4,000 in cash and prizes!*

---

**SCRAPBOOK CROPS**

**Saturday, August 22; 9 a.m.—9 p.m.**
To register, contact Colette Jaeger at 920-602-2486.

**Saturday, October 31; 9 a.m.—9 p.m.**
To register, contact Kim Wagner at 920-517-1108.

---

**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.

**Red Hat Honey’s Anniversary Party**

**Thursday, September 17**

1:00—2:30 p.m. at the Senior Center
(also general meeting to follow-up on April 29 meeting)

Anniversary cake and drinks will be served.

**Umbrella Brigade News**

The ladies are looking for new hoofers to share their talents while entertaining the community.

Call Lucy Redman at 924-2367 for more information.

*Please sign up at the front desk where additional information is available.*

---

**August Senior Center Community Performance Schedule**

Enjoy a performance with a loved one at one of these August performances:

- August 12: Handchime Choir—Grancare Nursing, 10:00 a.m.
- August 13: Handchime Choir—Hope Health, Lomira, 10:00 a.m.
- August 19: Handchime Choir—St. Agnes Day Care, 10:30 a.m.
- August 20: Handchime Choir—St. Francis Home, 10:00 a.m.

---

**Senior Safety Day 2015**

**Friday, August 28**

9:00—11:00 a.m.

**Fond du Lac Senior Center**

**Informational Booths 9:00—10:00 a.m.**

**Presentations**

- 10:00 a.m. Julie Hilbert, Fond du Lac County Senior Services
- 10:30 a.m. Officer Steve Olson, Fond du Lac Police Department
- 9:00—11:00 a.m. CarFit by appointment only

**CARFIT**

Helping Mature Drivers Find Their Safest Fit

Discover your perfect “fit.” Attend a FREE CarFit Checkup! CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.

Each checkup takes about 20 minutes—this is not a driving test or mechanical inspection.

To schedule your 20-minute CarFit appointment, please stop at the desk or call the Senior Center at 322-3630.
Two showings: Thursday, August 6 and Wednesday, August 26
11:45 a.m. Lunch (optional); 12:30 p.m. Movie

August 6 Menu: Pepper steak, au gratin potatoes, summer blend vegetables, birthday cake, plum halves, dinner roll

August 26 Menu: Meatloaf, baby red potatoes, carrots, applesauce, cookie, sliced bread

2014 movie; Action/Adventure/Drama; 2 hr 30 mins; PG-13; Starring: Christian Bale, Joel Edgerton, Ben Kingsley

The defiant leader Moses rises up against the Egyptian Pharaoh Ramses, setting 600,000 slaves on a monumental journey of escape from Egypt and its terrifying cycle of deadly plagues.

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

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

TAI CHI
Tai Chi has value in treating or preventing many health problems. The next session will begin on Aug. 25 and end on Oct. 13. 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.

August Bike Ride
Join us on Tuesday, August 11 at 10 a.m. at the Fairgrounds swimming pool parking lot on Martin Avenue to ride the 151 Bike Trail to Peebles stop/go lights and back to the fairgrounds. This ride is about 10-12 miles and is on paved trails. Please call 322-3630 to register. 50¢ Donation. Cancellations on ride day call Caroline at 922-3561. Rain Date: August 18.

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 9:45 — 10:15 a.m.
Sponsored by Lutheran Homes and Health Services

OTHER EXERCISE
Hikers .................Tuesday & Thursday, 9 a.m.
Line Dancing...Thursdays 6—7:30 p.m.; $10/ 4 weeks
Beginning Line Dance...Thursdays 8:30—10 a.m.; $7.50/ 3 weeks
Water Exercise ...... Daily 8 a.m. at the Aquatic Center $3.75 per session
 ASSERTIVENESS  
**Tuesday, August 18; 3:15—4:15 p.m.**

Come and join this month’s discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services.

Assertiveness is the healthy place between being aggressive and being a doormat. Learn how to be assertive at this month’s discussion group.

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

August is National Eye Exam Month

You may think you have healthy eyes and have no symptoms of vision problems, but if you are between the ages of 40 and 65, you should have your vision checked every 2-4 years; and at 65+, every 1-2 years. Some individuals may have a family history of eye disease or a chronic illness that can affect your vision. This puts you at a greater risk of vision problems, and therefore it is vital that you get your eyes checked more often than most.

Seniors are prone to blurred vision, eye irritation and more. Symptoms like this occur because the muscles in the eye become weaker. Consult your doctor if you experience: blurred vision with glasses, extremely sensitive to light, consistent eye pain, red eyes, burning sensation, constant watering, or black spots in your sight.

HIKERS

Join our hikers on Tuesday and Thursday mornings at 9:00. We also often eat out after a hike. Please join us!

For more information and hiking locations, call Ruth at 921-7192 or JoAnn at 922-2068.

Learn to be healthier and more active

**FONDY 5210**  
**Thursday, August 6**  
**10—11 a.m.**

*Presented by Heather Schmidt, DO*  
**Fond du Lac Regional Clinic West**

Dr. Schmidt is passionate about helping people gain the necessary tools to enjoy healthier lives. Join her for **FONDY 5210**, a program designed to help Fond du Lac County residents live healthier, more active lives.

Every day aim for:
- 5 servings of fruits & vegetables
- 2 hours or less of screen time
- 1 hour or more of physical activity
- 0 sugar sweetened drinks

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

Senior Outreach Program  
**Reaching Out – Touching Lives**

Community Cares

Volunteers will visit **Harbor Haven Health & Rehab, 459 E. First Street, Tuesday, August 25, 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. Sharing an hour of your time can make a difference in the life of a senior.

Senior Outreach Program

Outreach Volunteers will meet on **Thursday, August 6, at 9 a.m.** to provide each other support, address any concerns and share success stories. At **10:00 a.m.** you are invited to join Dr. Heather Schmidt, DO with **Fond du Lac Regional Clinic West** for a presentation on **FONDY 5210**, a simple program designed to help Fond du Lac County residents live healthier, more active lives.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3</strong> National Watermelon Day</td>
<td><strong>4</strong> Hiking</td>
<td><strong>5</strong> SCAMP</td>
<td><strong>6</strong> 9:00 Hiking</td>
<td><strong>7</strong></td>
</tr>
<tr>
<td>9:00 Low Impact Chair Exercise</td>
<td>9:00 Tai Chi</td>
<td>8:30 SCAMP</td>
<td>9:00 Senior Outreach</td>
<td><strong>8</strong> Coffee &amp; Conversation</td>
</tr>
<tr>
<td>9:00 Woodcarving Club</td>
<td>9:00 Skat</td>
<td>9:00 Hand Chimes</td>
<td>9:00 Foot Care</td>
<td>1:15 Sheephead</td>
</tr>
<tr>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:00 Craft Shop Consigner Intake</td>
<td>9:00 MPTC Computer Basics 4</td>
<td>9:00 Hand Chimes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 MPTC Computer Basics 4</td>
<td></td>
</tr>
<tr>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>10:00 Canasta</td>
<td><strong>10</strong> 10:00 Speaker/Heather Schmidt, DO</td>
<td><strong>10</strong> 10:00 ROMEO's Pizza Ranch</td>
<td><strong>8</strong> Saturday</td>
</tr>
<tr>
<td><strong>11</strong> Low Impact Chair Exercise</td>
<td><strong>12</strong> 10:00 Hand Chimes at Gran Care</td>
<td><strong>13</strong> 10:00 Hand Chimes at Hope - Lomira</td>
<td><strong>14</strong> 10:00 Scrapbooking</td>
<td><strong>9</strong> Sunday</td>
</tr>
<tr>
<td>9:00 Low Impact Chair Exercise</td>
<td>10:00 MPTC Computer Basics 5</td>
<td>10:00 Bridge</td>
<td>10:00 Beginning Bridge</td>
<td>9:00-3:00 Train Extravaganza</td>
</tr>
<tr>
<td>9:00 Woodcarving Club</td>
<td>10:00 Bike Ride-151 Bike Trail (Meet At Fairgrounds Pool Parking Lot)</td>
<td>10:00 Bridge</td>
<td>10:00 Beginning Bridge</td>
<td></td>
</tr>
<tr>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>10:00 Bridge</td>
<td>12:30 Movie - Exodus, Gods &amp; Kings</td>
<td>12:30 Bridge</td>
<td></td>
</tr>
<tr>
<td>10:00 Scrabble</td>
<td>12:00 Hand &amp; Foot</td>
<td>1:00 TOPS #0566</td>
<td>1:00 Flying Geese Quilters</td>
<td><strong>16</strong> Sunday</td>
</tr>
<tr>
<td><strong>12</strong></td>
<td>1:00 MPTC Apple IPad Basics II</td>
<td>1:00 MPTC Apple IPad Basics II</td>
<td>1:00 MPTC Apple IPad Basics II</td>
<td>9:00-3:00 Train Extravaganza</td>
</tr>
<tr>
<td><strong>13</strong></td>
<td>1:15 Sheephead</td>
<td>1:15 Sheephead</td>
<td>1:00 Bunco</td>
<td>9:00-3:00 Train Extravaganza</td>
</tr>
<tr>
<td><strong>14</strong></td>
<td><strong>15</strong> Saturday</td>
<td>1:15 Sheephead</td>
<td>1:30 Bunco</td>
<td></td>
</tr>
<tr>
<td><strong>15</strong></td>
<td><strong>16</strong> Sunday</td>
<td><strong>17</strong> National Cupcake Day</td>
<td><strong>18</strong> Beg. Country Line Dance</td>
<td><strong>21</strong> National Hug Your Boss Day</td>
</tr>
<tr>
<td><strong>18</strong></td>
<td><strong>19</strong> National Cupcake Day</td>
<td><strong>20</strong> Beg. Country Line Dance</td>
<td><strong>20</strong> 8:30 SCAMP</td>
<td><strong>21</strong> 8:30 SCAC</td>
</tr>
<tr>
<td>9:00 Low Impact Chair Exercise</td>
<td>8:30 MPTC Setting up a Facebook Profile</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
<td>10:00 Pool League Organization Mtg</td>
</tr>
<tr>
<td>9:00 Woodcarving Club</td>
<td>8:45 Video Chair Exercise</td>
<td>10:00 Hand Chimes at St. Francis</td>
<td>9:00 Foot Care</td>
<td>11:00 National Senior Citizens Day</td>
</tr>
<tr>
<td>9:30 Book Club</td>
<td>10:00 Craft Shop Consigner Intake</td>
<td>9:00 MPTC Computer Basics 4</td>
<td>10:00 Hand Chimes at St. Francis</td>
<td>Food and Entertainment</td>
</tr>
<tr>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>9:45 Video Chair Exercise</td>
<td>10:00 Hand Chimes at St. Francis</td>
<td>Sheephead</td>
</tr>
<tr>
<td></td>
<td>11:00 Acrylic &amp; Oil Painting Class</td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>11:00 Acrylic &amp; Oil Painting Class</td>
</tr>
</tbody>
</table>

**Monday, August 3rd**: National Watermelon Day. 
**Tuesday, August 4th**: Hiking.
**Wednesday, August 5th**: SCAMP.
**Thursday, August 6th**: 9:00 Senior Outreach.
**Friday, August 7th**: 8:00 Coffee & Conversation.

**Saturday, August 8th**: 10:00 Scrapbooking.
**Sunday, August 9th**: 12:00 ROMEO's Pizza Ranch.

**Monday, August 10th**: Low Impact Chair Exercise.
**Tuesday, August 11th**: Hiking.
**Wednesday, August 12th**: SCAMP.
**Thursday, August 13th**: Beg. Country Line Dance.

**Saturday, August 15th**: 9:00-3:00 Train Extravaganza.
**Sunday, August 16th**: 9:00-3:00 Train Extravaganza.

**Monday, August 17th**: National Cupcake Day.
**Tuesday, August 18th**: Hiking.
**Wednesday, August 19th**: SCAMP.
**Thursday, August 20th**: Beg. Country Line Dance.

**Saturday, August 21st**: National Hug Your Boss Day.

**Sunday, August 22nd**: SCAC.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>Newsletter Assembly</td>
<td>8:00</td>
</tr>
<tr>
<td>24</td>
<td>Low Impact Chair Exercise</td>
<td>9:00</td>
</tr>
<tr>
<td>24</td>
<td>Woodcarving Club</td>
<td>9:00</td>
</tr>
<tr>
<td>24</td>
<td>MPTC Computer Basics 1</td>
<td>9:30</td>
</tr>
<tr>
<td>24</td>
<td>Ladies Golf League at Oakgreen Par 3</td>
<td>10:00</td>
</tr>
<tr>
<td>24</td>
<td>Scrabble</td>
<td>12:30</td>
</tr>
<tr>
<td>24</td>
<td>Beginning Drawing &amp; Watercolor</td>
<td>1:00</td>
</tr>
<tr>
<td>24</td>
<td>Poker</td>
<td>1:15</td>
</tr>
<tr>
<td>24</td>
<td>Sheepshead</td>
<td>4:30</td>
</tr>
<tr>
<td>25</td>
<td>National Whiskey Sour Day</td>
<td>8:30</td>
</tr>
<tr>
<td>25</td>
<td>MPTC Connecting on Facebook</td>
<td>9:00</td>
</tr>
<tr>
<td>25</td>
<td>Hiking</td>
<td>9:00</td>
</tr>
<tr>
<td>25</td>
<td>Tai Chi</td>
<td>9:00</td>
</tr>
<tr>
<td>25</td>
<td>Skat</td>
<td>9:00</td>
</tr>
<tr>
<td>25</td>
<td>Craft Shop Consignor Intake</td>
<td>9:00</td>
</tr>
<tr>
<td>25</td>
<td>Acrylic &amp; Oil Painting Class</td>
<td>10:00</td>
</tr>
<tr>
<td>25</td>
<td>Massage</td>
<td>10:00</td>
</tr>
<tr>
<td>25</td>
<td>Bridge</td>
<td>12:30</td>
</tr>
<tr>
<td>25</td>
<td>Bingo</td>
<td>1:00</td>
</tr>
<tr>
<td>25</td>
<td>Stitchery Group</td>
<td>1:00</td>
</tr>
<tr>
<td>25</td>
<td>Drawing &amp; Watercolor Class</td>
<td>1:00</td>
</tr>
<tr>
<td>25</td>
<td>Community Rolls at Harbor Haven</td>
<td>2:00</td>
</tr>
<tr>
<td>25</td>
<td>Mixed Media Art Class</td>
<td>3:00</td>
</tr>
<tr>
<td>25</td>
<td>Senior Dining at Pizzaville</td>
<td>5:30</td>
</tr>
<tr>
<td>25</td>
<td>Winnebago Woodworkers at Horace Mann High</td>
<td>6:00</td>
</tr>
<tr>
<td>31</td>
<td>National Trail Mix Day</td>
<td>9:00</td>
</tr>
<tr>
<td>31</td>
<td>Low Impact Chair Exercise</td>
<td>9:00</td>
</tr>
<tr>
<td>31</td>
<td>Woodcarving Club</td>
<td>9:00</td>
</tr>
<tr>
<td>31</td>
<td>MPTC Computer Basics 1</td>
<td>9:30</td>
</tr>
<tr>
<td>31</td>
<td>Ladies Golf League at Oakgreen Par 3</td>
<td>10:00</td>
</tr>
<tr>
<td>31</td>
<td>Poker</td>
<td>1:00</td>
</tr>
<tr>
<td>31</td>
<td>Sheepshead</td>
<td>1:15</td>
</tr>
<tr>
<td>31</td>
<td>TOPS #1159</td>
<td>4:30</td>
</tr>
</tbody>
</table>

**LET'S DO LUNCH!**

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

Outdoor Game Equipment available to reserve and play at the Center.

**Billiard Room open daily for open pool. Pool League starts in Sept.**

**OFFSITE SUPPORT GROUPS**

8/11 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant
8/10 10:00 Parkinson’s Support Group-Aurora Health Care
8/18 6:00 Diabetic Support Group at St. Agnes
8/18 4:00 Diabetic Support Group at Aurora Health Care Center

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

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>DAY</th>
<th>DATE</th>
<th>DAYS/ WEEK</th>
<th>TIME</th>
<th>TOTAL TIME</th>
<th>INSTRUCTOR</th>
<th>COST (62+)</th>
<th>COST (&lt;62)</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMPUTER BASICS 1</td>
<td>103-483-20078</td>
<td>M, W Aug 24, 26, 31, 2015</td>
<td>3 days</td>
<td>9:00 a.m.—Noon</td>
<td>9 hours</td>
<td>K. Beaman</td>
<td>$4.50</td>
<td>$36.60</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COMPUTER BASICS 2</td>
<td>103-485-20138</td>
<td>M, W Sept 9, 14, 16</td>
<td>3 days</td>
<td>9:00 a.m.—Noon</td>
<td>9 hours</td>
<td>K. Beaman</td>
<td>$4.50</td>
<td>$36.60</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COMPUTER BASICS 3</td>
<td>103-490-20156</td>
<td>M, W Sept 21, 23, 28</td>
<td>3 days</td>
<td>9:00 a.m.—Noon</td>
<td>9 hours</td>
<td>K. Beaman</td>
<td>$4.50</td>
<td>$36.60</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BASIC MICROSOFT EXCEL</td>
<td>103-453-20144</td>
<td>R Sept 10, 17, 24</td>
<td>3 days</td>
<td>1:00-4:00 p.m.</td>
<td>9 hours</td>
<td>K. Beaman</td>
<td>$4.50</td>
<td>$36.60</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PINTEREST INTERESTS</td>
<td>103-670-21389</td>
<td>T Sept 22</td>
<td>1 day</td>
<td>9:00 a.m.—Noon</td>
<td>3 hours</td>
<td>A. Mielke</td>
<td>$20.55</td>
<td>$25.90</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CONNECTING ON FACEBOOK</td>
<td>103-679-21377</td>
<td>T August 25, 2015</td>
<td>1 day</td>
<td>8:30 a.m.—12:30 p.m.</td>
<td>4 hours</td>
<td>M. Aleithe</td>
<td>$20.55</td>
<td>$25.90</td>
</tr>
</tbody>
</table>
Classes

APPLE iPAD BASICS

103-611-21448  W  Sept. 23, 2015  1 day  9:00 a.m.—noon  3 hours  A. Mielke  $20.55  $25.90

Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.

APPLE iPAD BASICS II

103-613-21446  W  Sept. 30, 2015  1 day  9:00 a.m.—noon  3 hours  A. Mielke  $20.55  $25.90

Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

INTRODUCTION TO TWITTER

103-683-21447  W  Sept. 30, 2015  1 day  9:00 –11:00 a.m.  2 hours  S. Markfort  $12.53  $15.20

You see it everywhere: on television, in commercials and on websites. But what is a hashtag? This class will walk you through the basics of Twitter from setting up an account, making a “tweet,” learning how to “follow” someone and, finally, getting your own followers. Other topics will include how to link Twitter to your Facebook account, using Twitter for fun and business, and alternatives to the standard Twitter interface.

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Weeks</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic &amp; Oil Painting</td>
<td>Tues</td>
<td>10—noon</td>
<td>4</td>
<td>$16</td>
</tr>
<tr>
<td>August 4, 11, 18, 25; Sept. 1, 15, 22, 29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drawing &amp; Watercolor</td>
<td>Tues</td>
<td>1-3 p.m.</td>
<td>4</td>
<td>$16</td>
</tr>
<tr>
<td>August 4, 11, 18, 25; Sept. 1, 15, 22, 29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginning Drawing &amp; Watercolor</td>
<td>Mon</td>
<td>12:30-2:30 pm</td>
<td>4</td>
<td>$21</td>
</tr>
<tr>
<td>August 3, 10, 17, 24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed Media</td>
<td>Tues</td>
<td>3-4:30 p.m.</td>
<td>4</td>
<td>$16</td>
</tr>
<tr>
<td>August 4, 11, 18, 25; Sept 1, 15, 22, 29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country Line Dancing</td>
<td>Thurs</td>
<td>6–7:30 pm</td>
<td>4</td>
<td>$10</td>
</tr>
<tr>
<td>August 6, 13, 20, 27; Sept 3, 10, 17, 24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beg. Country Line Dancing</td>
<td>Thurs—August Sat—Sept.</td>
<td>8:30–10 am—August 10:00–11:30 am—Sept</td>
<td>3</td>
<td>$7.50</td>
</tr>
<tr>
<td>August 13, 20, 27; Sept 5, 12, 19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Sewing Lab</td>
<td>Wed</td>
<td>3:30–6:30 p.m.</td>
<td>4</td>
<td>$15</td>
</tr>
<tr>
<td>Sign up any time for next class: October 7, 14, 21, Nov. 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Singing—starting in September</td>
<td>Tues</td>
<td>10-11 a.m.</td>
<td>6</td>
<td>$25</td>
</tr>
</tbody>
</table>
## Programs & Activities

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

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

### BINGO
50¢ for 2 cards
Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): TBA
1st Tuesday (even months): ManorCare
2nd Tuesday (even months): TBA
2nd Tuesday (odd months): Azura Memory Care
3rd Tuesday (odd months): ResCare HomeCare
3rd Tuesday (even months): Lake View Place
4th Tuesday (odd months): Hospice Advantage
4th Tuesday (even months): TBA
5th Tuesday: TBA

### BOOK CLUB
3rd Monday at 9:30 a.m.
Sept. 21 Save Me by Lisa Scotolone
No meeting in August.

**Book synopses available at front desk.**

### BRIDGE
$1 donation
Tuesdays: 12:30 p.m.
For information or to play, call Arlene Love at 922-5668.

**Thursdays: 10:00 Beginners**
(subs needed)

**Thursdays: 12:30 p.m. Advanced**
For information or to play, call Judy Rupp at 920-477-3021.

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

### CHORUS
Red Hat Honeys (Starting again in Sept.)

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

### DANCES
$4.00 fee
Wednesdays at 7:30–9:30 p.m.
Call MaryAnn at 920-960-5850 for info.

### GERMAN CLUB
Mondays at 1:00 p.m.
Starting again in September

### HAND & FOOT (Card Game)
Wednesdays at Noon

### HANDCHIME CHOIR
Wednesdays & Thursdays at 9:00 a.m.

### JOURNALING
4th Thursday at 10 a.m.
(Starting again in Sept.)

### MODEL RAILROAD HOBBYISTS
2nd Sunday at 6:00 p.m.

### POOL
Open Pool daily

**Leagues**
- 8-Ball Tuesdays (starting in September)
- 9-Ball Weds. (starting in September)

### QUILTING
Flying Geese Quilting Club
1st Thursday at 1 p.m.
Call Nancy at 923-4494 for information.

**Sunset Stitchers Quilt Guild**
2nd Thursday at 7:00 p.m.
Call Laura at 923-1693 for information.

### RED HAT HONEYS
Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is $5 annual dues; a free newsletter telling of chapter activities is available at the front desk 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 6 at Pizza Ranch**
Call the Center to pre-register!

### SHEEPSEAD
$1.50
Mondays at 1:15 p.m.
Jack of Diamonds
**Wednesdays and Fridays at 1:15 p.m.**
Black Queens

### SKAT
Mondays at 1:00 p.m.

### STITCHERY
Tuesdays at 1 p.m.

### SUPPER CLUB

**Dutch Treat. Everyone welcome!**
You MUST call the Senior Center if attending.

**Friday, August 21**
Player’s Social: 5:00 p.m.; Dinner: 5:30 p.m.

### TOPS (Take Off Pounds Sensibly)

**Chapter #1159**
Mondays at 4:30 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.** (starting up again in September)
The Memories Writers meet to share and preserve life experiences and family history.
New members welcome!
BEGINNING YOGA
Thursdays, Sept. 3, 10, 17, 24, Oct. 1, 8
10:30—11:30 a.m.
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—$28.58, under 62—$36.60
Course #: 807-600-21235
Register at Moraine Park Technical College in person or call 922-8611 (ask for the registration desk). You will need the course number when you call. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes held at the Senior Center.

Singing Class “Express Yourself in Music”
Tuesdays 10:00—11:00 a.m.
Starting in September
Cost: $25/6 week session
The Singing Class is offered by voice teacher Kathryn Staley-Hamm. Class is aimed at raising the level of your individual singing talent in a group setting. With this basic singing approach technique, you can learn to improve your talent and have fun experiencing different styles of music. Developing your voice can give you the confidence and the opportunity to share your gift with others. For more information view Kathryn’s website www.purevoice.us
To register for this upcoming session, call the Senior Center at 322-3630.

All About Life Rehabilitation Center
OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS
Serving the Fond du Lac Community with Our Advanced Rehabilitation Unit
And Our Track Record will Prove It!
Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.
Our goal is to get you back home safely!
115 East Arndt Street
Fond du Lac, WI 54935
920.923.7040
www.allaboutlifeskillednursing.com
Call to schedule a personalized tour of our Advanced Rehabilitation Unit
...helping people live better

Now leasing 50 and Better
• 1 Bedrooms
• Rent based on income
• Utilities Included*
• Small pets welcome*
*some restrictions apply
MABESS MANOR APTS.
(920) 922-2019
Campbellsport, WI

Annen Brake Service & Auto Repair
230 N Hickory St
Fond du Lac
920-922-0840

JERRY TIGHE ROOFING CO. INC.
922-7246

Thank You For Advertising In Our Newsletter
I am patronizing your business because of it!
Happy Travelers

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

Mary Schneider, Travel Coordinator  Call 322-3635

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

If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.

Reminder: Day trip parking is in the St. Vincent DePaul parking lot located at 330 N. Peters Avenue.

Upcoming Trips

Join us for these upcoming trips!

- **North Star Casino**
  Dinner at Schwarz's (included)
  Wednesday, August 19; $54

- **Escape to Door County**
  Wed.–Fri., September 9–11; $409

- **West Side Story, Fireside Theatre**
  Wednesday, October 7; $95 (lunch included)

- **Keshena Casino Dinner at Jim & Linda's (included)**
  Thursday, October 29; $54

- **Dancing Horses/Birds Holiday Show**
  Wednesday, November 18; $90 (lunch included)

- **Oneida Casino**
  Mystery restaurant (dinner included)
  Tuesday, November 24; $54

- **New Orleans Holiday**
  Tuesday-Saturday, December 1-5; $1595 double occupancy

- **A Wonderful Life, Fireside Theatre**
  Tuesday, December 15; $95 (lunch included)

**Westside Story**

**Wednesday, October 7**
**Fireside, Fort Atkinson, WI**
Includes a delicious meal!
$95

One of the most celebrated musicals comes to The Fireside stage - Leonard Bernstein's musical updating of Shakespeare's most romantic play - **ROMEO AND JULIET - WEST SIDE STORY**. This musical was nominated for six Tony Awards and won a record ten Oscars. It will transport you with its magnificent musical score, its exquisite and exciting dancing, and its heart-warming love story. WEST SIDE STORY is an epic tale of love eternal undiminished by the dangers that surround it. It is a story with a message of hope that rings as clearly today as it ever has.

**Dancing Horses/Birds Holiday Show**

Delavan
Lunch Included
**Wednesday, November 18**
$90

This dazzling spectacle features an array of horse breeds who perform alongside their trainers in this fantastic cavalcade of equestrian artistry. Visually stunning, this live show is truly a must-see for all, but especially for horse lovers.

New Orleans Holiday

December 1–5, 2015
5 days, 7 meals
$1,595 per person
double occupancy
Milwaukee departure

Tour Highlights include: 4 Nights in the French Quarter, French Quarter Walking Tour, French Market, Café du Monde, Steamboat Natchez Cruise, New Orleans School of Cooking, New Orleans City Tour, Garden District, Oak Alley Plantation, Court of Two Sisters Dinner, Celebration in the Oaks
Happy Travelers
Be a Happy Traveler... We're going places!

COMING TRIPS for 2016!

DAY TRIPS:

JANUARY - LEGENDS IN CONCERT—Fireside
FEBRUARY - FASCHING SHOW
- ONEIDA CASINO & JIM & LINDA’S
MARCH - NORTH STAR CASINO & SCHWARZ’S
- CHICAGO FLOWER SHOW
APRIL - MOTOWN THE MUSICAL—Fox Cities PAC
- “CHEESEHEADS”—A Happy Traveler’s Exclusive 🧀
MAY - SISTER ACT—Fireside
- “THE SKY’S THE LIMIT”—A Happy Traveler’s Exclusive 🧀
JUNE - BREWER GAME
- “CRUISIN’” - A Happy Traveler’s Exclusive 🧀
JULY - “HONOR OUR VETERANS”—A Happy Traveler’s Exclusive 🧀
SEPTEMBER - SINGIN’ IN THE RAIN—Fireside
OCTOBER - NEW MUSICAL (to be announced)—Fireside
DECEMBER - FIRESIDE CHRISTMAS

AND THAT’S JUST A START!

EXTENDED TRIPS:

JANUARY - HAWAIIAN ADVENTURE
MARCH - HOLLAND & BELGIUM TULIP CRUISE
APRIL - WASHINGTON DC
MAY - CHICAGO
AUGUST - “SHIPSHEWANA” - A Happy Traveler’s Exclusive 🧀
SEPTEMBER - COLORADO RAIL ADVENTURE
OCTOBER - ALBUQUERQUE BALLOON FIESTA
- NEW YORK

Happy Traveler’s Exclusive Trip itineraries are created exclusively for Happy Travelers.

WATCH FOR MORE DETAILS COMING SOON.
**Heartland presents . . . Movie Group**

This group will watch movies with related themes in an effort to reflect and connect with our grief.

**Upcoming Movies:**
- Tuesday, August 18th to view “Everybody’s Fine”
- Thursday, October 20th to view “The Bucket List”

The movie group starts at 1:30 p.m. at HCR Manor Care, 265 S. National Avenue, Fond du Lac. Our goal is to foster healing and understanding for those who are coping with grief while providing insight and direction. Take this opportunity to meet others, ask questions, or to simply watch and listen.

For more information or to RSVP contact Linda Wein or Dan Krause at 1-800-236-1989.

**Thank You**

A special thank you to Carl & Trudy Backhaus of C & T Carpentry for this beautiful pallet flag!

**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 4 Wendt’s on the Lake
- August 11 Capone’s
- August 18 Blanck’s Lake Aire
- August 25 Pizzaville

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

**Triad/Salt Meeting**

(Seniors and Law Enforcement Together)

Thursday, August 27

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. 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.

**S.C.A.C. Meeting**

(Senior Citizens Advisory Committee)

Friday, August 21; 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.

**Farmers Market**

Stop down for fresh Wisconsin-grown produce, flowers, baked goods, meats and cheese. Crafts, arts, pottery, and other hand-made items are also available.

Saturdays May 9—Oct. 31
8:00-Noon, Main Street
(Sheboygan to Western)

Wednesdays June 3—Oct. 28
11:00 a.m.—3:00 p.m.
Main Street Plaza
(Main and Sheboygan)
Services & Reminders

THIS ‘n THAT
Craft & Gift Shoppe
OPEN TO THE PUBLIC Monday—Friday, 9 a.m.—4 p.m.
Or by appointment evenings & weekends!

While you’re at the Center for the Train Extravaganza, visit the Craft Shoppe on Saturday, August 15 from 9:00 a.m.—3:00 p.m.
We have a cute train quilt, Lakeside Park train engine photo, train whistles, wind-up trains and train candy for the kids, plus lots of other goodie for mom, dad, grandma and grandpa, too!

* Quilts * Wood Products * Team Pillows, etc. * Afghans
* Hand-knit Items for Adults and Babies * Ceramics * Jewelry
* Locally Grown/Produced Food * Jewelry * and so much more!

Reminder. . .

Don’t leave your dog in a car. The temperature in a car can double in a matter of minutes. Parking in the shade or opening a window does not stop the temperature from rising. Leave your pets at home.

“My grandmother started walking five miles a day when she was sixty. She’s ninety-seven now, and we don’t know where the heck she is.”

- Ellen DeGeneres

* Quilts  * Wood Products  * Team Pillows, etc.  * Afghans  
* Hand-knit Items for Adults and Babies  * Ceramics  * Jewelry  
* Locally Grown/Produced Food  * Jewelry  * and so much more!

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow 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.
  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.
# 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.

<table>
<thead>
<tr>
<th>NAME(s) (both, if couple)</th>
<th>Mailing Address</th>
<th>CITY, STATE, ZIP</th>
<th>PHONE</th>
<th>BIRTHDATE (optional)</th>
<th>E-MAIL (absolutely confidential)</th>
<th>CITY RESIDENT?</th>
<th>☐ City of Fond du Lac ☐ Other:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>CHOICE OF SUPPORT:</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th>I’D LIKE TO GO GREEN!</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ $10.00 Single ☐ $15.00 Couple (Husband and Wife)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</td>
</tr>
<tr>
<td>☐ $____ UTILITY DONATION for the City of Fond du Lac</td>
<td>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!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ $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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ $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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOTAL ENCLOSED</th>
<th>Utility Donation and Friends Membership can be on the same check.</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>DATE PAID</th>
<th>CASH</th>
<th>CHECK</th>
<th>CHECK #</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ NEW 2015 Member ☐ Renewal</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>☐ FANATASTIC FRIENDS $50</th>
<th>☐ FABULOUS FRIENDS $100</th>
<th>☐ UTILITY DONATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Received Among Friends Newsletter</td>
<td>☐ Received Happy Travelers Info</td>
<td>☐ Red Hat Dues also paid</td>
</tr>
<tr>
<td>☐ Received Friends Perks Coupon Book</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

August 2015 Newsletter
Fond du Lac Senior Center
151 E. First Street
Fond du Lac, WI 54935

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

TRAVEL COORDINATOR
Mary Schneider 322-3635

WELLNESS COORDINATOR

CRAFT SHOPPE COORDINATOR
Pat Lefeber 322-3638

BOOKKEEPER
Pat Heyer 322-3639

OFFICE ASSISTANT
Katie Fischer 322-3639

PROGRAM COORDINATOR
Catherine Halfmann 322-3633

MARKETING/FUND COORDINATOR
Joan Brezinsky 322-3640

FRIENDS BOARD OF DIRECTORS
Kate Barr
Joanne Bunkelman
Jerry Gordon
Robert Katzfey
Mary Kind
Vickie Michels
Charlotte Nelson
Wally Seibel
Judi Walters

Fond du Lac Senior Center
is a member of WASC

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

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

SENIOR CITIZEN ADVISORY COMMITTEE
Ruth Dauterman
Barbara Lukas, Chair
Councilman Gary Miller
Charlotte Nelson
Ross Purcell
Dave Redman
Jaime Roth
John Silah
Ruth Smith

FOND DU LAC SENIOR CENTER  920-322-3630