

Among Friends



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

DECEMBER 2015

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

Season's Greetings

*from the
Fond du Lac Senior Center*

*Wishing you the joy of family,
the gift of friends
and the best of everything
during this holiday season.*

2015



A Free Monthly Publication
Vol. 6 • No. 12

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

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

Friends bylaws available at the Center. Visit us online at www.fdlSeniorcenter.com

Newcomer Tour

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



Hi All—

Christmas is my absolute favorite time of the year. I love everything about it – the baking, the decorating, the music, the time with friends and family and most of all the Christmas spirit. I will never forget when my oldest son found out the story of Santa. He was upset when he came home from school and I remember talking to him about how Santa wasn't really about a person coming with presents, but it was really about the spirit of giving that seems to descend on us during the holiday season.



We talked about how people seem friendlier, they smile and say hello when you see them on the streets or in the stores. We talked about how there are so many opportunities to give to organizations that help others during this special time of year and we talked about how the idea of Santa gave us a little extra excitement and wonder during the Christmas season. We also talked about how each person could be a "Santa" to someone, and that we should each try to bring that little bit of excitement and wonder to someone else during the holidays.

The one thing that I try to do each holiday season is to take a deep breath from all of the "busyness" and live in the moment – enjoy where I am, who I am with, and what I am doing. It's not always easy for us to do! We get so wrapped up in worrying about things, trying to fit everything in, and rushing around that we forget to enjoy the journey.

I heard on the radio yesterday that for some companies, their "Black Friday" sales started on November 1st - talk about forgetting to enjoy the journey! Life seems to rush at us so fast – it's hard to slow down and appreciate each day.

One of my favorite sayings seems appropriate for this time of year so I would like to share it with you. "Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it is called the Present."

Have a wonderful December and don't forget to enjoy the journey!

SNOWBIRDS? MOVING?



If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW! Because of our bulk mailing status for our Among Friends newsletter, any newsletters that cannot be delivered will be returned to the Senior Center and **will be charged** to the Center. We have been getting many newsletters back each month and this can be quite costly. Or, give us your email address and we'll email the latest issue to you!



Senior Center Holiday Hours

*The Senior Center will be
closed the following days:*

*Thursday, December 24 - Christmas Eve
Friday, December 25 - Christmas Day
Thursday, December 31 - New Years Eve
Friday, January 1 - New Years Day*

Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the January *Among Friends* newsletter is Friday, December 4, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.

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



Sponsored by Smith & Hatch Insurance.

Programs & Activities



Artist of the Month

December: 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!

Have an Idea for a New Program or Activity?

If you have an idea for a new program or activity at the Center, stop in and see Sarah or contact her at 322-3641 or email her at slolson@fdl.wi.gov.



The Green Thumb Garden Club's Backyard Bird Count

Thursday, January 28

1:00–3:30 p.m.

Dr. Amy Sheldon,
President of the Fond du Lac Audubon Society



Dr. Sheldon will give a presentation on a five-year project on the compilation of data for Wisconsin's second breeding bird atlas. This project involves volunteers looking for evidence that a species of bird

might be breeding in their assigned block. This information is then compiled for scientists to evaluate. Dr. Sheldon will tell us about the birds that she observed in her assigned block which included wood ducks, sandhill cranes, blue jays, robins, bluebirds, meadowlarks, and goldfinches. She will also discuss the species breeding specifics.



Refreshments will be served.

Call 322-3630 to register by Thursday, January 21.

AARP CHAPTER 614 CHRISTMAS PARTY

Wednesday, December 16

North Fond du Lac Community Center
281 Garfield Street, NFDL

Social—11:30 a.m.

Luncheon—Noon

Musical entertainment to follow.

Menu: Beef tips, chicken, mashed potatoes & gravy, green beans, fruit fluff, cake, and beverages

Cost: \$10 per person

*** Great Food * Entertainment**

*** Fun * Raffles**

Register by Friday, December 11

Limit of 80 attendees

AARP Christmas Party

Name(s): _____

Phone: _____

\$10 per person. Amount Enclosed: _____

Make check payable to "AARP Chapter 614," and mail to: Kate Barr, N6411 Danny Lane, Fond du Lac, WI 54937. The deadline to register is Friday, December 11.

**If you would like to join for \$3, your membership is good now through December 2016. Those joining by January 31 will be eligible to win a \$25 gift certificate in a random membership drawing to be held at the AARP General Meeting at the Senior Center on Thurs., Feb. 18, 2016.*

Chocolate Covered Anything Day

Wednesday, December 16
10:00 a.m.—3:00 p. m.

*Chocolate lovers,
this one's for you!*

We'll have a chocolate fountain set up with a variety of tasty treats to dip in the sweet, melted, chocolate yumminess!



FREE TAX ASSISTANCE

*Call beginning
Monday,
January 25
to schedule an
appointment*



The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, & Thursdays from 8:30 a.m. until 4:30 p.m. Appointments will be available from Tuesday, February 2 through Wednesday, April 13. **We will start scheduling appointments Monday, January 25.** To make an appointment, please call the Senior Center at 322-3630 on or after that date.

The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance, and free e-filing, to low-to-moderate income taxpayers - with emphasis on those over 60.

Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the TCE program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

Call 322-3630 for your appointment beginning Monday, January 25.

Senior Outreach invites you to help decorate our

HEART TREE

*with delicate spun glass
heart ornaments*

\$3.00 donation



The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, FDL Area Foundation and Friends of the FDL Senior Center. The program's mission is to reduce loneliness and isolation through friendships with trained volunteers, and provide education on available resources when needed.

Open your heart to the Senior Outreach Program and donate \$3 for a spun glass ornament in memory of a deceased loved one or in honor of a special person in your life who is still living. Each ornament is a donation to the program. Rather than keeping the ornament, it will be hung on a beautiful cherry blossom tree which represents the fragility and beauty of life. **The deadline to dedicate ornaments for the tree is Thursday, February 4.** The cherry blossom tree will be displayed at the Senior Center in the main activity room after the holidays until the heart tree dedication on Thursday, February 11, 2016 at 2:00 p.m.



The deadline to dedicate ornaments for the tree is Thursday, February 4. The cherry blossom tree will be displayed at the Senior Center in the main activity room after the holidays until the heart tree dedication on Thursday, February 11, 2016 at 2:00 p.m.

HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

Please put a heart on the HEART TREE in honor of (Living) :

\$3.00 EACH NAME Total Enclosed _____

(Make check payable to: Friends of the Fond du Lac Senior Center)

DONATED BY:

Name _____

Street _____

City _____ Phone _____

Programs & Activities



SCRAPBOOK CROP

Saturday, December 5
9 a.m.—9 p.m.

To register, call Colette Jaeger at

Interested in playing SHEEPSHEAD for fun?

We would like to form a recreational Sheepshead group at the Center.



If interested, join us **Friday, January 8 at 1 p.m.**



Coffee & Conversation

First Friday of every month

Friday, December 4

8:00—9:00 a.m.

(No Coffee & Conversation in January due to New Years Day holiday)

Join your friends at the Senior Center the first Friday of every month from 8-9 a.m. for coffee, donuts and good conversation.



SHOW US YOUR TEAM SPIRIT!

Wear your cheesehead hat, green and gold beads, favorite jersey, etc. on game days or the Fridays before games. **GO PACK!**

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

Visit our new gift shop for Packer merchandise!

YOUR GRANDCHILDREN CAN TALK TO SANTA!



The Senior Center has special connections with Santa and Mrs. Claus, giving children the opportunity to make a local phone call and talk to the North Pole couple about gift wishes. With adult permission, children can call to talk to either Santa or Mrs. Claus

Tuesday, December 1, through

Wednesday, December 23, between 3:30 and 4:30 p.m.

Thank you to the volunteers who make this fun service possible.

**Ho Ho Hotline
322-3633**

Friends Annual Meeting and Board Election

Thursday, January 21; 2:00 p.m.

The Friends Annual Meeting will be held at the Senior Center on Thursday, January 21 from 2:00—3:00 p.m. Voting to fill 3 vacancies will take place at this meeting (or ballots will be available at the front desk from January 11-29 if you cannot attend the meeting). Friends members are encouraged to attend to find out what's happening with the Friends organization.

- Senior center updates
- Annual report
- Elections

If you plan on attending, please register by calling 322-3630 before Tuesday, January 19.

**KWIK
TRIP™**

**For teenage drivers or the
person who has everything**

**KWIK TRIP
GIFT CARDS MAKE
GREAT GIFTS!**

Buy your Kwik Trip Gift Cards at the Senior Center. They can be used at any Kwik Trip for gas or for in-store purchases.

For every card you purchase the Senior Center earns 5% - 15%!



Friends of the Fond du Lac Senior Center



DINE OUT COUPON BOOK

**Surprise that special someone
with the gift that gives all year long!**

Discounts are good from January – December 2016

**Purchase coupon books in the Senior Center's
beautiful new gift shop! Cost: \$7**

Coupon books also available at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank, KFIZ, Philly's on 4th and Pump 'n Pantry

**Thanks to these local restaurants and
businesses for their participation in this
year's coupon book:**

- A&W Drive-In (2) ▪ Ala Roma Italian Pizzeria & Pub
- Ang N Eddies ▪ Backyard Grill & Bar ▪ Bagelmeister
- Benvenuto's ▪ Blanck's Supper Club—Johnsburg
- Blanck's Lake Aire Supper Club ▪ Boda's (2)
- Capone's ▪ Casa del Tequila ▪ Coliseum Sports Bar & Grill
- Cool River Sports Grill ▪ Dairy Queen East
- Dillion's—Ledgview Lanes (2) ▪ Eden Café and Eden Grill in Taycheedah
- Fat Joe's ▪ Friar Tuck's
- Gille's Frozen Custard Drive-In ▪ Gino's Italian Restaurant
- Green Dragon Brewpub ▪ Mancino's (2)
- Oak Central ▪ Philly's on 4th (2) ▪ Philly's on the Miracle Mile (2)
- Pioneer Pit Stop ▪ Pump & Pantry ▪ Red Cabin at Green Acres
- Rolling Meadows Family Restaurant (2)
- Salty's Seafood & Spirits ▪ Schmitt's Bar & Grill (2)
- Schreiner's Restaurant ▪ Sebastian's Steak House
- Sombrero's ▪ Subway ▪ Sunset on the Water ▪ Taco Johns
- Three Guys and a Grill at Trinity (2) ▪ Tuckers (2)
- Urban Fuel ▪ The Welsch (2) ▪ Wendt's On the Lake

**A great
Stocking
Stuffer!**



**SPECIAL THANKS to
GRANDE CHEESE**
*for their generous
contribution toward the
printing of this year's book.*

SEEKING FRIENDS BOARD MEMBERS FOR 2016-17 **Get Involved with YOUR Senior Center!**

The Fond du Lac Senior Center Friends Board is seeking **three (3)** new members to serve on the Friends Board for 2016-19. The election will be at the January Annual Meeting but we need to establish a slate of potential members prior to Thursday, December 31, 2015.

If you're interested or would like more information on the Friends Board, contact Cathy Loomans at 322-3630.



Thank you to our 2015 Friends Board!



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.

Valentine Breakfast Celebration

**Monday, February 15; 10:00 a.m.
Schreiner's Restaurant**



**Register by Friday, February 5
at the front desk.**

Programs & Activities

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

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

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): FDL Lutheran Home

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.

Dec. 14 (2nd Monday) Meet for breakfast at Faros at 9:30. Bring along a favorite book!

Jan. 18 *The All Girl Filling Station's Last Reunion* by Fannie Flagg

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

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

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays at 12:00 p.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

EUCHRE

Mondays at 1:00 p.m.

DANCES

\$4.00 donation

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

Thursday, December 17 at 10:00 a.m. (normally the 4th Thursday at 10 a.m.)

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays

9-Ball Weds.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

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

ROMEOS

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

Thursday, December 3 at Rolling Meadows Restaurant

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 8:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Friday, December 18

The Eagle Club

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

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High

School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

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

New members welcome!



“Heaven is for Real”

Wednesday, December 9 and Thursday, December 17

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

December 9 Menu: Bratwurst on a bun, sour cream and chive potatoes, broccoli cuts, applesauce, frosted cake

December 17 Menu: Chicken breast, mashed potatoes, mixed vegetables, key lime pie, plum halves, dinner roll

2014 movie; drama; 1 hr 40 mins; PG; Starring: Greg Kinnear, Kelly Reilly, Thomas Haden Church

The true story of a small-town father named Todd who must find the courage and conviction to share his son's extraordinary, life-changing experience with the world. His son Colton claims to have visited Heaven during a near death experience. Colton recounts the details of his amazing journey with childlike innocence and speaks matter-of-factly about things that happened before his birth ... things he couldn't possibly know. Todd and his family are then challenged to examine the meaning of this remarkable event.

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.



TAI CHI

Tai Chi has value in treating or preventing many health problems. The next 8-week session will begin on December 29.

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, call 322-3630.

Brush off your blue suede shoes and get ready to walk to Memphis. Watch future newsletters for more details.



CHAIR EXERCISE CLASSES



LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.

Men & Women Welcome!

OTHER EXERCISE

Hikers

Tuesday & Thursday 10 a.m.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.

\$7.50/ 3 weeks

Water Exercise

Daily 8 a.m.

at the Aquatic Center, \$3.75 per session or \$60 for a 20x punch card.



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: ManorCare

Friday, December 11; 9—10 a.m. *2nd Friday of the month*
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, December 11; 9—10 a.m. *2nd Friday of the month*
No appointment needed. *12-hour fast required.* Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, May 10; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. *12-hour fast required*

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

Thursday, December 3, 10, 17

Call 322-3630 for an appointment.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, December 22; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

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

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, May 10; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

No meeting in November or December

Thursday, January 28; 6:30—8:00 p.m. *(4th Thursday)*
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, December 15; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 American Dr. ~ American Room

PARKINSON'S SUPPORT GROUP

Monday, December 14; 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

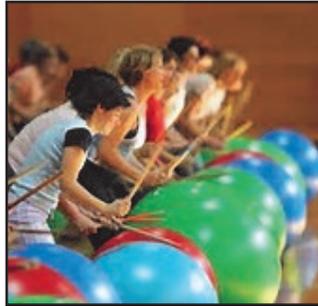
PROSTATE CANCER SUPPORT GROUP

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

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

Cardio Drumming

beginning
Monday, January 4
3:00-4:00 p.m.



Cardio drumming brings the fun back into fitness!

Drumming classes provide effective workouts for every fitness level. Pounding drumsticks on exercise balls and clinking them overhead to music releases stress and is a great full-body workout.

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

Interested? Call 322-3630 for details!

Group Discussion with Becky

“A Gift to Yourself: How to take care of you during holiday stress”

Tuesday, December 8; 3:15 p.m.

Come and join this month’s discussion group facilitated by Becky Parman Knoll, Older Adult Counselor with Lutheran Social Services. Our topic will be ***“A Gift to Yourself—How to take care of you during holiday stress”***. The holidays are a busy time. We often try to make the holidays special for loved ones at the expense of our own physical and mental health.

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



SUPPORT THE SENIOR OUTREACH PROGRAM’S HEART TREE

Help support the Senior Outreach Program and honor a loved one with a donation to the Heart Tree. A beautiful, glass spun ornament will be hung on our cherry blossom tree in memory of your loved ones.

See page 5 for more details and order form.

Senior Outreach Program

Reaching Out – Touching Lives

Community Cares

Volunteers will visit **Artisan Assisted Living** 597 Sherwood Drive, Tuesday, December 15 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.**



Our December visit will be special as we will join with residents in singing Christmas carols and enjoy Christmas cookies. 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.

Outreach Holiday Breakfast

Current Senior Outreach Volunteers and Senior Outreach Advisory Board members will meet on **Thursday, December 10, at 9 a.m.** for our annual holiday breakfast at **Rolling Meadows Restaurant**. If you did not sign up at the November meeting, please call the Senior Center by Monday, December 7, to make a reservation. Please bring your November reports. Join us for an enjoyable time of food, friendship and fellowship as we reflect on another year of volunteering.



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

December



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>OFFSITE SUPPORT GROUPS</p> <p>12/8 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</p> <p>12/14 10:00 Parkinson's Support Group- Aurora Health Care</p> <p>12/15 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>**All Orange Events are held Offsite</p>	<p>1</p> <p>8:00 Skat</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Singing</p> <p>12:30 Bridge</p> <p>Bingo sponsored by ManorCare</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining-Sebastians Social at 5:30</p>	<p>2</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:45 Video Chair Exercise</p> <p>10:00 Hand Chimes at St. Francis Home</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 MPTC Computer Basics 4</p> <p>1:15 Sheepshhead</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers New Orleans Holiday Trip Leaves</p>	<p>3</p> <p>Packer Day-Wear your Green & Gold</p> <p>9:00 Foot Care</p> <p>9:00/10:30 Yoga</p> <p>9:00 MPTC-Is an iPad or tablet for You?</p> <p>10:00 Hiking</p> <p>10:00 Handchimes at Villa Loretta</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>12:00 ROMEO's-Rolling Meadows</p> <p>12:30 Bridge</p> <p>1:00 Flying Geese Quilters</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook Club</p>	<p>4</p> <p>8:00 Coffee & Conversation</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p>6:00 Scrapbook Crop Setup</p> <p>5 Saturday</p> <p>9:00 Scrapbook Crop</p> <p>10:00 Beg. Country Line Dance</p> <p>6 Sunday</p>
<p>7</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:00 MPTC Computer Basics 4</p> <p>1:15 Sheepshhead</p>	<p>8</p> <p>8:00 Skat</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Singing</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>3:15 Group Discussion - How to take Care of you during holiday stress</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Coin Club</p> <p>6:30 Senior Dining-Gino's-Social at 5:30</p>	<p>9</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:45 Video Chair Exercise</p> <p>10:00 Handchimes at Grancare</p> <p>12:00 Hand & Foot</p> <p>12:30 Movie "Heaven is for Real"</p> <p>1:00 Umbrella Brigade</p> <p>1:00 MPTC Computer Basics 4</p> <p>1:15 Sheepshhead</p> <p>7:30 Wed Night Dance</p>	<p>10</p> <p>9:00-0 Senior Outreach at Rolling Meadows Holiday Breakfast</p> <p>9:00 MPTC Apple iPad Basics</p> <p>9:00 Foot Care</p> <p>10:00 Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:00 Handchimes at Barrett House in Markesan</p> <p>12:30 Bridge</p> <p>1:30 Handchimes Christmas Concert</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitchers</p>	<p>11</p> <p>Packer Day-Wear your Green & Gold</p> <p>9:00 Health Screenings</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p>12 Saturday</p> <p>10:00 Beg. Country Line Dance</p> <p>13 Sunday</p> <p>6:00 Model Railroad</p>
<p>14</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>10:00 Hiking</p>	<p>15</p> <p>8:00 Skat</p> <p>8:30 Pool League 8 Ball</p> <p>10:00 Hiking</p>	<p>16</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:45 Video Chair Exercise</p>	<p>17</p> <p>9:00 MPTC Apple iPad Basics II</p> <p>9:00 Foot Care</p> <p>10:00 Hiking</p>	<p>18</p> <p>Packer Day-Wear your Green & Gold</p> <p>8:30 SCAC</p> <p>9:30 Friends Board Meeting</p>

<p>1:00 Euchre 1:00 German Club 1:00 Poker 1:00 Beginning Sheephead 1:00 MPTC Computer Basics 5 1:15 Sheephead</p> <p>5:00 Senior Center Christmas Party—5:00 Social; 5:30 Dinner FDL Area Writers Club</p>	<p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge Bingo sponsored by LakeView Pic 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 2:00 Community Cares at Artisan Assisted Living 3:00 Mixed Media Art Class 6:00 Senior Center Christmas Party Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Schmitty's Social at 5:30</p>	<p>10:00 Scrapbooking 10:00 Journaling 10:00 Beginning Bridge 10:30 Handchimes at Lutheran Home 12:30 Bridge 12:30 Movie "Heaven is for Real" 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook</p> <p>Happy Travelers Trip-Fireside Theatre "A Wonderful Life"</p>	<p>10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheephead 5:00 Supper Club—Eagle's Club Social 5:00; Dinner 5:30</p> <p><u>19 Saturday</u> 10:00 Beg. Country Line Dance</p> <p><u>20 Sunday</u></p>
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<p>21</p> <p>8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead</p>	<p>22</p> <p>8:00 Skat 8:30 Pool League 8 Ball 10:00 Hiking 10:00 Massage</p> <p>12:30 Bridge 1:00 Bingo 1:00 Stitchery Group</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Pizzaville Social at 5:30</p>	<p>23</p> <p>Packer Day - Wear your Green & Gold 8:30 Pool League 9 Ball 8:30 SCAMP 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>24</p> <p>Center Closed</p> 
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<p>28</p> <p>9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheephead</p>	<p>29</p> <p>8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:30 Senior Dining-Sunset Social at 5:30</p>	<p>30</p> <p>Packer Day - Wear your Green & Gold 8:30 Pool League 9 Ball 8:30 SCAMP 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 12:00 Canasta 1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>31</p> <p>Center Closed</p> 
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LET'S DO LUNCH!

Senior Dining



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

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE



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

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

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

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1						*Each student is required to bring a jump drive to class		
103-483-30998	M, W	Apr 18, 20, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.								
COMPUTER BASICS 2						*Each student is required to bring a jump drive to class		
103-485-31000	M, W	Apr 27, May 2, 4, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.								
COMPUTER BASICS 3						*Each student is required to bring a jump drive to class		
103-490-31002	M, W	May 9, 11, 16, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.								
COMPUTER BASICS 4						*Each student is required to bring a jump drive to class		
103-491-31003	M, W	May 18, 23, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book								
COMPUTER BASICS 5						*Each student is required to bring a jump drive to class		
103-492-20444	M, W	Dec 14, 16, 2015	2 days	1:00—4:00 p.m.	6 hours	K. Kraft	\$4.50	\$23.76
Examines computer system maintenance programs. Explore virus protection software settings and updates. Set up system restore features and keep your computer running smoothly. Each student is required to bring a jump drive to class. (Completion of 103-490 Computer Basics for Beginners 3 is recommended.)Textbook optional.								

APPLE IPAD BASICS II

103-613-20445	R	Dec 17, 2015	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.55	\$25.90
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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.

IS AN IPAD OR TABLET RIGHT FOR YOU?

103-606-31233	T	April 19, 2016	1 day	9 a.m.—Noon	3 hours	S. Markfort	\$25.90	\$20.55
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With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you—and if so, which one.

BASIC MICROSOFT EXCEL

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

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	Tuesdays	10–noon	4	\$16
December 1, 8, 15, 29 (No Dec. 22 class. Christmas Party Dec. 15); January 5, 12, 19, 26				
Drawing & Watercolor	Tuesdays	1-3 p.m.	4	\$16
December 1, 8, 15, 29 (No Dec. 22 class. Christmas Party Dec. 15); January 5, 12, 19, 26				
Mixed Media	Tuesdays	3-4:30 p.m.	4	\$16
December 1, 8, 15, 29 (No Dec. 22 class. Christmas Party Dec. 15); January 5, 12, 19, 26				
Country Line Dancing	Thursdays	6–7:30 pm	4	\$10
December 3, 10, 17 (\$7.50 due to only 3 classes); January 7, 14, 21, 18				
Beg. Country Line Dancing	Saturdays	10:00–11:30 am	3	\$7.50
December 5, 12, 19; January 9, 16, 23				
Open Sewing Lab	Wednesdays	3:30–6:30 p.m.	5	\$15
Watch newsletter for next session coming spring 2016				
Singing	Tuesdays	10-11 a.m.	6	\$25
Watch newsletter for next session starting in February				



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



A special thank you to Alliant Energy and their employees for their recent donation to the Center.

Many companies will match donations made by their employees. Make your donation to the Senior Center go even further! Ask your employer if they offer a gift matching program.

Win a Hair Appointment and Lunch for you and a friend!

Enlivant will provide transportation to and from the Enlivant Community for a hair appointment and lunch for you and a friend. Put your name in the “Glam Jar” located in the gift shop inside the Senior Center for a chance to win!



Love Children?

MOPS, Mothers of Preschoolers, is looking for volunteers to care for children ages birth–5 while their mothers are at MOPS meetings. MOPS typically meet the 2nd and 4th Friday of the month. Volunteers work from 8:45–11:45 a.m. on meeting dates. If interested, contact Jennifer at (317) 908-6158 or fdlmoppets@hotmail.com.



Heartland Movie Group

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

Upcoming Movie:

Tuesday, December 15 to view “Shadowlands”

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.

Heartland 
Enriching life.

Thank you Master Gardeners for taking care of the Senior Center flower beds. We appreciate the beautiful flower beds and the hard work that goes into keeping them that way!



COMPLIMENTARY TICKETS



The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season sporting events and music department musicals and plays. These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Center for use by others.



TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

NO MEETING IN NOVEMBER OR DECEMBER

Join us at our next meeting Thursday, January 28.

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, December 18; 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.

Programs & Activities



Chimes Christmas Concert

Thursday, December 10
1:30–2:30 p.m.

Come enjoy the sounds of the season at the Senior Center! The hand chime choir will be performing Christmas music in the main activity room from 1:30–2:30p.m.

Come relax, listen to some beautiful music and enjoy Christmas cookies, hot cocoa and coffee.



Christmas Concert

Sunday, December 13; 1:30 p.m.
American Legion
500 Fond du Lac Ave., FDL

The Fond du Lac Senior Center's singing class, along with other singing classes and adult students of Kathryn Staley-Hamm

will be performing at a free concert at the Fond du Lac American Legion. Appetizers will be served. Open to the public.



AARP Chapter 614 Christmas Party * Wednesday, December 16

North Fond du Lac Community Center * 281 Garfield Street, NFDL
Social—11:30 a.m. Luncheon—Noon

Musical entertainment to follow. See page 4 for more details and registration form.



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.



December 1	Sebastian's
December 8	Gino's
December 15	Schmitty's Oar House <i>(Christmas party)</i>
December 22	Pizzaville
December 29	Sunset on the Waters

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

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

Senior Dining



Fellowship, Food & Fun

November 2015 Fond du Lac County Senior Dining

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.

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Tuesday, December 1: Ham rolls
- Wednesday, December 2: Chicken, broccoli and rice casserole
- Thursday, December 3: Swiss steak
- Monday, December 7: Pork steak
- Tuesday, December 8: Teriyaki chicken
- Wednesday, December 9: Bratwurst
- Thursday, December 10: Chili casserole
- Monday, December 14: Pepper steak
- Tuesday, December 15: Baked chicken
- Wednesday, December 16: Meatloaf
- Thursday, December 17: Chicken breast
- Monday, December 21: Salisbury steak
- Tuesday, December 22: Baked spaghetti
- Wednesday, December 23: Roast turkey
- Thursday, December 24: No meal
- Monday, December 28: Chicken marsala
- Tuesday, December 29: Baked chicken
- Wednesday, December 30: Meatballs in honey mustard sauce
- Thursday, December 31: No meal

Note: At this time, meals are not served on Fridays at the Senior Center.

*"There are three signs of old age:
loss of memory . . . I forgot the other two."
- Red Skelton*

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

**WE
ARE
HERE
TO
HELP**

Programs & Activities

Come celebrate our
GRAND OPENING!

Gift Shop Grand Opening Monday, December 7; 10 a.m.—4 p.m.

Stop in and see our new gift shop! We've been busy creating a beautiful, welcoming gift shop with lots of exciting, new merchandise including: home décor; unique gifts; wine & coffee accessories; nuts; dip, soup and bread mixes; Faris popcorn; candles, lotions, soaps and so much more!

Stop in during our grand opening on the 7th for:

- * Gift shop name unveiling
- * Snacks and beverages
- * Customers making a purchase during the grand opening will be entered into a drawing for a gift certificate!

Come browse the shop and find that special gift!



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

Introducing **TECH TYME!**

Thursdays, 1:00—3:00 p.m.

Moraine Park Technical College IT Club members are volunteering their time to provide 1-on-1 technology support at the Senior Center. If you have questions on



how to use your smartphone, Kindle, tablet, etc., stop in anytime between 1:00-3:00 p.m. on Thursdays.

STAFF CHANGES . . . STOP IN AND SAY "HELLO"

You've probably noticed a few staff changes recently at the Center. Catherine Halfmann, former program coordinator, retired in September. She, her husband Tom, and their two dogs are traveling around the country in their fifth wheel camper. They are loving the adventure, but miss their family, friends and everyone at the Senior Center. Catherine, we wish you all the best in retirement. Enjoy!



Mary Otterstatter and
Sarah Olson

Sarah Olson is our new Outreach, Wellness and Program Coordinator. "I have two beautiful children ages 15 and 19, and a wonderful fiancé. In my free time I enjoy spending time with my family, snuggling with my two kitties, reading, biking, gardening and card making. I have always had a passion for working with the senior population. In the past I worked in nursing homes as a C.N.A. and an activity director. I have a bachelor's degree in social work and a minor in psychology, and I'm a certified social worker. In college I interned at the Senior Center and fell in love with not only the mission and values of the Senior Center, but the people as well. I am extremely blessed to be back at the Center as it really is like coming home for me."

Mary Otterstatter, our new Gift Shop Coordinator, shares: "I have called Fond du Lac my home since moving here when I was in 6th grade. I left for a period of 23 years, while traveling the world with my husband who was serving in the military. We are happy to be back home with our two grown boys. I enjoy being outside, staying active and attending sporting events. I have a passion for working with the elderly and look forward to being the new gift shop coordinator and working with people of all ages to make this a fun place to be."



Catherine Halfmann is
enjoying retirement.

Happy Travelers

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



Mary Schneider, Travel Coordinator **Call 322-3635**

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

Reminders:

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



LEGENDS IN CONCERT

Fireside Theatre

Thursday, January 14; Depart 8:15 a.m., Return 6:00 p.m.

\$105 IN

Additional stops at Jones Dairy Farm known for great meats and specialty products, and Pine Cone Bakery famous for gigantic cream puffs and more!

Carrie Underwood, Neil Diamond, Elton John, Buddy Holly, Whitney Houston, and Elvis Presley are re-created live on the Fireside stage. These performers create an experience so real that you would swear that these legends are right in front of you!

If we sell 54 tickets to this show, someone will WIN A FREE TICKET to another Fireside show!

THE BAND OF THE ROYAL MARINES AND THE PIPES, DRUMS AND HIGHLAND DANCERS OF THE SCOTS GUARDS

Appleton PAC

Monday, February 8; Depart 4:00 p.m., Return 10:30 p.m.

\$46 DT

Dinner Dutch treat at Victoria's in Appleton

Enjoy a unique evening with stunning synchronized movement, lively drums, and haunting pipe music. The Band of the Royal Marines is one of the most versatile military bands playing everything from orchestral to dance band music. Come get swept away in the precision and pageantry!



Laack's Hall and Dorf Kapelle 27th Annual FASCHING DINNER AND SHOW

Sunday, February 14; Depart 10:00 a.m., Return 4:30 p.m.

\$65 IN

Menu: Smoked pork chops, goulash, German potato salad, mashed potatoes, sweet sour red cabbage, mixed vegetables, dessert and beverage.

Experience Oktoberfest in February!

Happy Travelers

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

Join us for these 2016 Extended Trips!



HAWAII

with Collette Tours
(10 days)

January 28—February 6, 2016

Highlights include: Waikiki Beach, Pearl Harbor, Oahu's North Shore, Kilohana Plantation, Waimea Canyon, Kauai Coffee Company, Lao Valley Monument, Lahaina, Polynesian Luau. Breathtaking view from all areas. Experience the culture of these beautiful islands!

\$4,949 Double
10 Days—9 Nights

HOLLAND AND BELGIUM WATERWAYS TULIP TIME RIVER CRUISE

March 26—April 3, 2016



Explore the amazing countryside and waterways of Holland and Belgium by cruising through the extensive network of rivers and canals throughout the country. Glide past infinite tulip fields and enjoy picturesque towns and scenery as you travel through Holland and into Belgium.

Highlights include:

- * Excursions in Amsterdam
- * Ghent * Antwerp
- * Tour of Keukenhof Gardens.

From **\$4,099** air & cruise.

WASHINGTON, DC

with Diamond Tours

April 21—28, 2016



Two-day guided tour of Washington, DC featuring the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King Jr. National Memorial, the Lincoln Memorial, and more! Evening guided memorial and monument tour. Guided tour of Monticello home and grounds.

\$739 Double
8 Days—7 Nights

CHICAGO

GUIDED TOUR OF THE CITY

Diamond Tour

May 17—19, 2016

Visit 360 Chicago, formerly the John Hancock observatory, for breathtaking views of the city, lakefront and four neighboring states; Navy Pier; Chicago's Money Museum; relax aboard an architectural cruise on the Chicago River, and much more!

\$299 Double
3 Days—2 Nights



2016 Friends Membership Application

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

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

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

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

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

CHOICE OF SUPPORT:

- \$10.00 Single** **\$15.00 Couple** (same address)
- \$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2016 is optional but *very much appreciated!*
- \$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2016 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership and additional donation to Friends to help with the operation of the Center.
- \$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

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

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

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

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

- NEW 2016 Member Renewal Receptionist Initials _____
- FANTASTIC FRIENDS \$50 FABULOUS FRIENDS \$100
- Received Dine Out Book for Fantastic or Fabulous membership Received Happy Travelers Info
- Received *Among Friends* Newsletter

December 2015 Newsletter _____ Card File _____ Computer

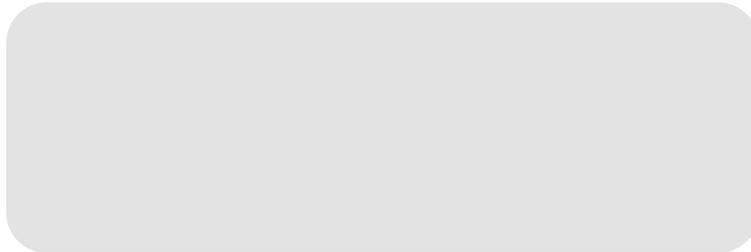


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

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cloomans@fdl.wi.gov

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BOOKKEEPER

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OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Sarah Olson 322-3641

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

OUTREACH/WELLNESS COORDINATOR

Sarah Olson 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

FRIENDS BOARD OF DIRECTORS

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

SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman
Barbara Lukas, Chair
City Council Pres. Lee Ann Lorrigan
Charlotte Nelson
Ross Purcell
Dave Redman
John Silah
Ruth Smith

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