



# Among Friends

DECEMBER 2011



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

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## *Season's Greetings*

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**May the good cheer and  
warmth of the season  
fill your heart and home  
with joy and love...**

**Warm Holiday  
Greetings and  
Best Wishes for  
the Coming Year**



# WELCOME TO THE FOND DU LAC SENIOR CENTER

## DECEMBER



2011

A Free Monthly Publication  
Vol. 2 • 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.....dwinkelmann@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 individuals with disabilities.*

### Thank you from the Fond du Lac Area United Way

On behalf of the FDL Area United Way, I want to thank the FDL Senior Center participants and volunteers whose baskets for the United Way fundraiser were a huge success and raised \$1,267. We are deeply grateful and appreciate the time and effort you put into making them. The raffle proceeds help us to reach our \$730,000 campaign goal.

Many Blessings,  
Tina Potter, Executive Director



Fond du Lac Senior Center raffle committee members Vivian Gorden, LeRoy Walters, and Charlotte Nelson (left to right) present Tina Potter (right), Fond du Lac Area United Way Executive Director, with a donation of \$1,267 from the basket raffle fundraiser they helped sponsor at the Senior Center. Twenty different theme baskets, ranging in value from \$20 to \$200, were donated by Center participants, volunteers, and staff for the raffle. Proceeds benefited United Way, which has helped fund the Senior Outreach Program at the Senior Center for 17 years.



### VISIT US ONLINE!

Check out the Senior Center web pages on the City of Fond du Lac website...  
[www.fdlSeniorcenter.com](http://www.fdlSeniorcenter.com)

Thank You!  
THANK YOU!



The **Community Cares** Armchair Travel trip to **Hawaii** in early October was a HUGE success. Event Coordinator Mary Schneider (front, second from left on blue stand) poses with many of the volunteers who helped 24 seniors from the community create a lasting memory. The complete list of businesses and volunteers is posted in the lobby at the Senior Center. "Mahalo"—thank you—for the dedication and enthusiasm of everyone who helped! The next trip will be held on **May 4, 2012. Aloha!**

# GREAT STOCKING STUFFERS!



## Friends of the Fond du Lac Senior Center 2012 DINE-OUT COUPON BOOKS

**COST: \$5.00**

includes 44 Coupons  
with SPECTACULAR SAVINGS  
at 37 Area Restaurants

Discounts are good from January – December 2012

Purchase coupon books in the Senior Center's This 'n That Craft & Gift Shoppe

Also available for sale at: Central Barber, Fox Valley Savings Bank, KFIZ,  
Ma & Pa's on the Miracle Mile, Philly's on 4th and Pump 'n Pantry

Thanks to these local restaurants and businesses for their participation in this year's book (*new participants appear in red*):

A&W Drive-In, Ala Roma , Backyard Grill & Bar, **Black Perl**, **Capone's**,  
Cibo – Ramada Plaza , Coliseum Sports Bar & Grill, Cool River Sports Grill,  
Cousins Subs, Dairy Queen East, Dairy Queen West, Dillion's -Ledgeview Lanes,  
Duffy's Steakhouse - Holiday Inn, Eden Café and Eden Grill in Taycheedah,  
Fond du Lac Seafood, **Gille's Frozen Custard Drive-In**, Gino's Italian Restaurant,  
J.R.'s Sports Bar & Grill, **Ma & Pa's on the Miracle Mile**, Main Exchange, Mancino's,  
Northwinds Supper Club, Oak Central, Paddy's Pizza, **Parrot Palms**, Philly's on 4<sup>th</sup>,  
Pioneer Pit Stop, **Pockets**, Pump & Pantry, **Red Cabin on Green Acres**,  
Schmitt's Bar & Grill, Sombrero's, Subway, Sunset Supper Club, Tuckers,  
**Villa Palermo Café**, Wendt's On the Lake

And SPECIAL thanks to Grande Cheese for their generous contribution toward the printing of this year's book.

### Newsletter Staff

Editor.....Dottie Winkelmann  
Coordinator/  
Design/Writer.....Judy Lange  
Writer.....Jean Holzman  
Mail Coordinator.....Vivian Gorden  
Labels.....Sandy Gerlach  
Mail Crew.....20+ volunteers!

### Newsletter Deadline

The deadline for submission of Information for the January newsletter is Monday, December 5. Give information to Judy Lange.

### 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 Senior Center.

### Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Director's Senior Center report.



**The One You Depend On**

WWW.KFIZ.COM

Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* on KFIZ 1450 AM every Monday morning. Dottie visits the radio station to give a report about upcoming activities and events at the Senior Center.

### Leave a Legacy

You can leave a lasting legacy by remembering the Friends of the FDL Senior Center in your will. Your generosity will enable the Center to continue to provide quality programs and services to the seniors in our community. If you are considering this option, please call Dottie Winkelmann, Director, to discuss various ways you can assist the Senior Center in fulfilling its mission.

# UPCOMING PROGRAMS

## BAGELS WITH A BROKER

**Monday—December 5, at 9 a.m.**



Have a bagel and chat with Ben Baertschy, Financial Advisor with Edward Jones, on the **1st Monday of each month at 9 a.m.** Chat includes market update and Q&A of market, economy, investments, and strategies. Bagels by "The Bagelmeister." Free to attend.

## FREE TAX ASSISTANCE

The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered at the Senior Center on Mondays, Tuesdays, Wednesdays, and Thursdays from 8:30 a.m. until 4:30 p.m. Appointments will be available from Wednesday, February 1 through Thursday, April 12. We will start scheduling appointments on Monday, January 9. To make an appointment, call the Senior Center at 322-3630 on or after that date.



The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers can also help all low-to-moderate income age groups. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

## POOL PARTY & POTLUCK

**THURSDAY—  
DECEMBER 22  
Noon**

All Senior Center pool players are invited to celebrate the season with a **Holiday Pool Party & Potluck** to be held at the Senior Center on **Thursday, December 22**, beginning at **noon**. There is a sign-up sheet located on the bulletin board in the pool room. *Deadline to register is Thursday, December 15.*



## 2011 FRIENDS ANNUAL MEETING & BOARD ELECTION

**Friday, January 27, 2012  
American Legion Hall**

The Friends Annual Meeting will be held on **Friday, January 27** at the American Legion Hall on Fond du Lac Avenue. At that time, the Friends nominating committee will present a slate of candidates to fill board vacancies. Voting for this election will take place at the Annual Meeting – or if you are unable to attend the luncheon, you may vote at the Senior Center prior to the Annual Meeting. If you are interested in serving on the Friends Board, call the Senior Center and leave your name and phone number with the receptionist. There are four vacancies to fill on the Board. Our four incumbents—Mary Kind, Jim Sabel, LeRoy Walters, and Ron Zarling are willing to serve another term, but nominations will also be accepted. **Please note that the Annual Meeting is a brief (about 20 minutes) part of the luncheon. We hope you will join us for a fun afternoon—see related party details in the article on page 5.**



**Celebrating  
45  
YEARS!**

The FDL Senior Center opened on February 1, 1967. In a Fond du Lac Commonwealth (now known as The Reporter) article published that year, Rosalie Tryon, director of the Fond du Lac Office of Economic Opportunity—a key person in the formation of the Senior Center—said this about the brand new Fond du Lac Senior Center: "...this is the community acting to meet the needs of its people and here you see the results." *Here we are 45 years later—still providing a quality of life service for our seniors and our community.*

**MARK** your calendar to help us celebrate the 45th anniversary of the Fond du Lac Senior Center with something special on February 1, 2012. Watch for details in the January newsletter and listen to KFIZ **4 Mondays at 9:10 a.m.**

**The Senior Center will be  
CLOSED**  
on **Friday, December 23 &  
Monday, December 26,**  
and on **Friday, December 30  
& Monday, January 2.**  
*Merry Christmas and  
Happy New Year!*



# UPCOMING PROGRAMS

## THOUGHTS OF A BACK PORCH POET



Join musician and  
"Back Porch Poet"

### Len Mallas

as he shares his stories,  
poems, and songs of  
rural and family life.

**Friday, January 27**  
**11 a.m. Social**

**Noon Lunch**

**American Legion Hall**

500 Fond du Lac Avenue

Len Mallas will be the entertainment at the Friends of the Fond du Lac Senior Center Annual Meeting. Although there will be a brief (about 20 minute) business meeting following lunch, the afternoon is really more of a party, including entertainment and a \$5 soup and sandwich lunch.

*About "The Back Porch Poet":* Len Mallas has been writing poetry on and off for many years, or as he puts it, "When ever the spirit moves me." He draws the inspiration for his songs and stories from his youth and the experiences he had growing up in rural Wisconsin. Len is truly a Wisconsin boy through and through, having worked on dairy farms in his youth, then running his own farm for 12 years. He presently lives on an 87 acre farm close to Fond du Lac, where he has retired after 40 years of employment with Mercury Marine. He is a happily married family man with 5 children, all adults now, plus 4 grandchildren.

Len Mallas will share songs, poems, and stories of farming, family, and growing up in Dairyland. Len's performance is based on real folks he has known and the times he has had living in Wisconsin (things we can all relate to), and all are presented with some good old "down home humor." The storyteller's talent lies in his ability to draw you into the scenes that his words create and invites you to travel with him on a poetic journey. Don't miss this opportunity to share an afternoon of love, laughter, and good old fashioned story telling with Len Mallas, The Back Porch Poet.

**Registration is required for this event—stop by the Senior Center front desk to sign up.  
Open to the Public ~ All are Welcome!**

## THE CENTER THERMOSTAT



Please bring your warm sweater  
and fluffy down vest,  
the temp at the Center  
is really a mess.

Some like it warmer,  
some like it cool,  
we tried to please everyone  
and looked like a fool.

Come dressed in your layers,  
put on, then take off,  
some days it's real hot here  
and some days it's not.

If you ask nicely,  
it's our aim to please,  
setting the temperature  
is not meant to tease.

But please tell the staff  
And don't touch the dials  
With so many hands,  
It's trouble and trials.

Remember this always,  
of this I don't jest  
please bring your warm sweater  
and fluffy down vest.

# HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

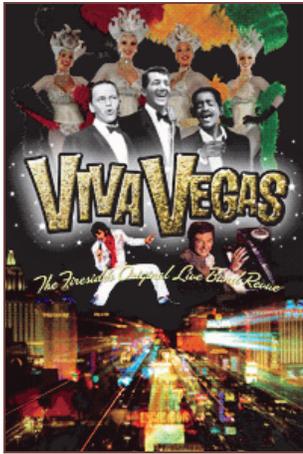
Office Hours: Monday through Thursday, 1—4 p.m. Call 322-3635

## VIVA VEGAS

**Sunday—January 22, 2012**

**Fireside Dinner Theater — Fort Atkinson**

**Cost: \$93**



**Vegas!** It's the greatest entertainment capital in the world! From the swinging years of the 50's and 60's to the breathtaking spectacle of today, Las Vegas has been home to the world's greatest entertainers and the most exciting shows. The Rat Pack - Frank Sinatra, Sammy Davis Jr., Dean Martin! Elvis Presley! Liberace! Bette Midler! Celine Dion! The list of show business legends who have lit up the famous Las Vegas Strip goes on and on. The Fireside continues its cherished tradition of live band revues with a sparkling tribute to the ultimate center of

music, laughter, glitz, and glamour featuring a stunning cast of performers and The Fireside's own LIVE BAND!

Includes the Fireside's famously delicious Sunday Brunch.

**Leave FDL: 8:15 a.m. Home: 6:00 p.m.**

## SIMPLY SINATRA

**Friday, January 27, 2012**

**Schauer Center — Hartford, WI**

**Cost: \$73**

Pay tribute to Ol' Blue Eyes, the Chairman of the Board! Vocalist Steve Lippia is one of the finest interpreters of great American standards, especially the music of Frank Sinatra. His powerful show, complete with 10-piece big band,

introduces a new generation to timeless music, like *I've Got The World On A String*, *The Best Is Yet To Come*, and *Come Fly With Me*.



Buffet lunch includes: Hot Beef, Hot Shredded Chicken, Mashed Potatoes, 7-Layer Salad, Pistachio Salad, Fresh Fruit with Dip, Rolls, Spiced Layer Cake, Coffee, and Milk.

**Leave FDL: 11:30 a.m. Home: 5:45 p.m.**

## MILLION DOLLAR QUARTET

**Sunday—February 12**

**Fox Cities PAC—Appleton**

**Cost: \$115**

*Million Dollar Quartet* is the smash-hit musical from Broadway, inspired by the true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time.



On December 4, 1956, these four young musicians gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. *Million Dollar Quartet* brings that legendary night to life, an irresistible tale of broken promises, secrets, betrayal and celebrations featuring a score of rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Sixteen Tons," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Folsom Prison Blues," "Hound Dog" and more.

**Leave FDL: 9:45 a.m. Home: 5:45 p.m.**

## FASCHING DINNER SHOW

**Sunday—February 19**

**Laack's Hall—Sheboygan Falls, WI**

**Cost: \$65**

**Dorf Kapelle**

The merriment begins as you enter the Great Fasching Fest Hall (reminiscent of the great bier halls of Germany) and select one of the fine imported beers or wines. Or perhaps, a little Jagermeister to warm your tummy on a chilly February day! Now it's time to select your seat and prepare yourself for a feast fit for a king. Mad King Ludwig himself would be impressed!

**The Fasching Feast:** Smoked Pork Chops, Tenderloin Tips, Red Cabbage, German Potato Salad, Mashed Potatoes, Vegetables, Bread, Black Forest Cherry Tort  
Strolling musicians entertain while the feast is served!

Then sit back and enjoy as Dorf Kapelle entertains you with more than two hours of great music and songs performed by some of the best musicians in Wisconsin.

**Leave FDL: 11:00 a.m. Home: 5:30 p.m.**

# 2012 HAPPY TRAVELERS TRIPS

JANUARY	FEBRUARY	MARCH
<p><b>Oneida Casino</b> (No Meal) Tuesday – January 10 \$20</p> <p><b>Viva Vegas</b> Featuring Big Band Music Fireside Theater, Fort Atkinson Sunday – January 22 \$93</p> <p><b>Simply Sinatra</b> Schauer Center, Hartford Friday – January 27 \$73</p>	<p><b>Million Dollar Quartet</b> Fox Cities PAC Sunday – February 12 \$115</p> <p><b>Fasching Dinner Show</b> Laack's Hall – Sheboygan Falls Sunday – February 19 \$65</p> <p><b>Oneida Casino</b> Dinner: Van Abel's of Hollandtown Thursday – February 23 \$48</p>	<p><b>Riders in the Sky</b> Nationwide Reunion Show, Appleton Sunday – March 4 \$52</p> <p><b>Mary Poppins</b> Fox Cities PAC Wednesday – March 7 \$108</p> <p><b>9 to 5: The Musical</b> Fireside Theater, Fort Atkinson Sunday – March 18 \$93</p> <p><b>Oneida Casino</b> Dinner: Kodiak Jack's, Oshkosh Thursday – March 29 \$54</p>
APRIL	MAY	JUNE
<p><b>Cleopatra Exhibit</b> Milwaukee Public Museum Thursday – April 12 \$62</p> <p><b>Orlando, Florida</b> (9 days) Diamond Tour April 14 – 22 (Sat. – Sun.) \$689</p> <p><b>Oneida Casino</b> Dinner: Schwarz's – St. Anna Thursday – April 26 \$54</p>	<p><b>Clauson Gospel Music Show</b> Coloma, WI (Dinner &amp; Show) Thursday – May 17 \$64</p> <p><b>Oneida Casino</b> Dinner: Jim &amp; Linda's Thursday – May 24 \$54</p> <p><b>Legally Blonde: The Musical</b> Fireside Theater, Fort Atkinson Saturday – May 26 \$93</p>	<p><b>Maggie Mae's Barn Dance</b> Oxford, WI June 2012 DATE TBD \$64</p> <p><b>Quad Cities</b> (3 days) Rock Island &amp; Moline IL Bettendorf &amp; Davenport, IA June 13 – 15 (Wed. – Fri.) DBL \$360</p> <p><b>Brewers/ Twins</b> (2 days) Minneapolis, MN This is in Minnesota! June 17 – 18 (Sun. &amp; Mon.) \$TBD</p> <p><b>Arlington Horse Races</b> Arlington Heights, IL Wednesday – June 27 \$53</p>
JULY	AUGUST	SEPTEMBER
<p><b>Chain of Lakes Cruise</b> Veteran's Home, Lunch: King's Table Waupaca, WI Wednesday – July 11 \$59</p> <p><b>Oneida Casino</b> Dinner: Red Cabin at Green Acres Tuesday – July 24 \$54</p>	<p><b>Prairie du Chien</b> (3-days) August 9 – 11 (Thu. – Sat.)</p> <p><b>Oneida Casino</b> Dinner: Schwarz's at St. Anna Thursday – August 30 \$54</p>	<p><b>Hello Dolly</b> Fireside Theater, Fort Atkinson Wednesday – September 19 \$96</p> <p><b>Oneida Casino</b> Dinner: Sunset Supper Club Thursday – September 27 \$54</p>
OCTOBER	NOVEMBER	DECEMBER
<p><b>Northeast Cruise &amp; Tour</b> (15 Days) Your Man Tours Vacation October 6 – 20 (Sat. – Sat.) \$2368</p> <p><b>Oneida Casino</b> Dinner: Jim &amp; Linda's Thursday – October 25 \$54</p> <p><b>Scrooge: The Musical</b> Fireside Theater, Fort Atkinson Wednesday – October 31 \$93 (This is the Fireside Christmas Show)</p>	<p><b>Island Resort &amp; Casino</b> Harris, Michigan (2 days) November 6 – 7 (Tues. &amp; Wed.) \$95</p> <p><b>Branson Diamond Tours</b> (7 days) November 11–17 (Sun.—Sat.) \$649</p> <p><b>My One and Only</b> Marriott Theater, Lincolnshire, IL Wednesday - November 28 \$TBD</p> <p><b>Oneida Casino</b> (No Meal) Tuesday – November 27 \$20</p>	<p>Fond du Lac Senior Center <b>Christmas Party</b> OPEN TO ALL FRIENDS MEMBERS DATE, TIME &amp; PLACE TBD</p> <p><b>Away In The Basement</b> Schauer Center, Hartford, WI Tuesday – December 11 \$78 (This is a Christmas Show)</p>

**Fond du Lac Senior Center**  
151 E. 1st Street  
Fond du Lac, WI

**920-322-3635**



**CALL:**

**Doris Zimmermann**

**Travel Coordinator  
Fond du Lac Senior Center**

**322-3635**

**AFTERNOONS  
Monday - Thursday  
1:00 – 4:00 p.m.**

**\$10  
DEPOSIT  
REQUIRED**  
to hold most trips

**HAPPY TRAVELERS**



**Travel with us—  
we're going places!**

# MPTC COMPUTER CLASSES

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



**MORaine**  
**PARK**  
TECHNICAL COLLEGE

**HOW TO REGISTER** You can register at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number.

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
<b>COMPUTER BASICS 1</b>								
103-483-31273	T, W, R	January 10, 11, 12	3 days	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$31.96

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. Students are required to bring a jump drive.

<b>COMPUTER BASICS 2</b>								
103-485-21673	Monday	December 5, 12, 19	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

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

<b>COMPUTER BASICS 3</b>								
103-490-21676	Monday	December 5, 12, 19	3 wks	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$31.96
103-490-31274	T, W, R	January 10, 11, 12	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1 and 2. Bring a jump drive to class.

<b>COMPUTER BASICS 4</b>								
103-491-21679	Tuesday	December 6, 13, 20	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

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

<b>COMPUTER BASICS 5</b>								
103-492-31272	M, F	January 9, 13	2 days	1:00—4:00 p.m.	6 hrs	JoAnne Smith	\$4.00	\$20.78

Examines computer system maintenance programs. Explore virus protection software settings and updates. Set up system restore features and keep your computer running smoothly. (Completion of 103-490 Computer Basics for Beginners 3 is recommended.) Each student is required to bring a jump drive to class.

<b>BEGINNING DIGITAL CAMERAS</b>								
105-605-31268	Thursday	January 5	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as "megapixel" and "flash memory." Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

<b>INTERMEDIATE DIGITAL CAMERAS</b>								
105-609-31269	Friday	January 6	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

**8** Discover tools to improve both your digital pictures and your digital photography skills.

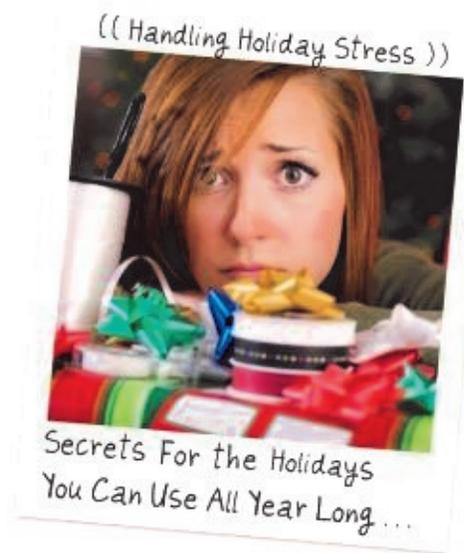
# SENIOR WELLNESS MORNING



## Friday, December 9



### Keeping the Holidays Merry: Coping with Holiday Stress



**DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS**

Must visit at least 4 of the dozen booths in order to enter your name in the door prize drawing.

For planning purposes, call 322-3630 to pre-register.

**9—10 a.m.** Health Screenings ▪ Health Info Booths ▪ Entertainment  
FAST REQUIRED FOR SUGAR                      10+ HEALTH BOOTHS                      SCAMP (THE SENIOR CENTER BAND)

**10—11 a.m.** Speaker: **Everest Brooks**  
*Psychiatric Social Worker, FDL County Dept. of Community Programs*

Topic: **Coping with Holiday Stress**



**A time of festivity, parties, shopping, entertaining, religious observances, family gatherings, and decorating, the holiday season can be full of excitement and promise. However, with this time of year inevitably comes stress. Learn tips to help minimize holiday stress.**

Everest Brooks, MSW, LCSW, CSAC is a Psychiatric Social Worker with the Fond Du Lac County Department of Community Programs. Mr. Brooks currently works with teenage and adult clientele on an outpatient basis. He is a graduate of the University of Wisconsin Helen Bader School of Social Welfare where he received his Master's Degree. Mr. Brooks uses a cognitive-behavioral approach to therapy and has a passion for working with anxiety disorders in particular. In his spare time, Mr. Brooks is an avid film buff and voracious reader.

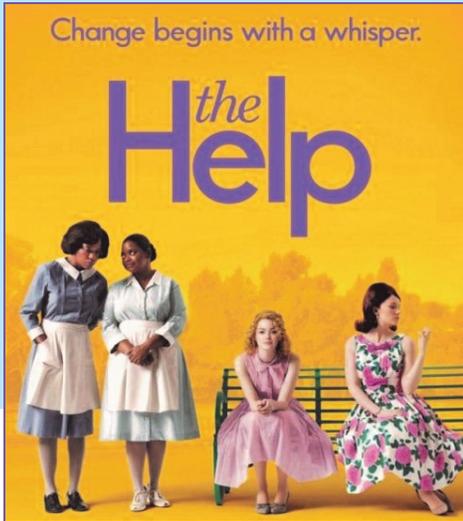


This month's Senior Wellness Morning is sponsored by FDL County Department of Community Programs.



# MONTHLY MOVIE

## “THE HELP” ~ Wednesday, December 21



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

**MENU:** Pork Chop, Whipped Potatoes, Gravy, Country Blend Vegetables, Apple Rings, Rye Bread, Spice Cake, and Milk

### 12:30 p.m. Movie: *The Help*

An aspiring author during the civil rights movement of the 1960's sets out to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis. Along the way, unlikely friendships are forged and a new sisterhood emerges, but not before everyone in town has a thing or two to say themselves when they become unwittingly -- and unwillingly -- caught up in the changing times.

You must register separately for each activity. Call **929-3937** by 1 p.m. on Tuesday, December 20, to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older).

Call **322-3630** to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free of charge and open to the public. FREE popcorn and refreshments. Donations accepted.

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

# RECREATION

Call 322-3630 for more information about any of these activities. [New members are always welcome!](#)

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

## ART CLUB

Thursdays at 1:00 p.m.

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday: ManorCare (odd months)  
or Rehab Arisces (even months)

2nd Tuesday: Comfort Keepers

3rd Tuesday: Walnut Grove

4th Tuesday: ACACIA Home Care  
or Philip Shepherd, Attorney

5th Tuesday: Roto-Rooter

## BOOK CLUB

3rd Monday at 9:30 a.m.

December 12 (Note date change)

Meet at the **Oasis Restaurant**, 339 N. Main Street at 9:30 a.m. for breakfast. Bring along a favorite Christmas book.

January 16 Left Neglected by Lisa Genova

February 20 The Girl with the Dragon Tattoo by Stieg Larson

Pick up a synopsis of book club selections at the front desk.

## BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Joan Christ at 921-9526.

Thursdays at 12:45 p.m.

For information or to play, call Hilda Feldmann at 921-2889.

## COIN CLUB

2nd Tuesday (May–October) at 6:30 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

**DECEMBER 28: NO DANCE DUE TO THE HOLIDAYS**

## DOMINOES

3rd Wednesday at 12:30 p.m.

## GAMES **NEW!**

(Canasta, Cribbage & Euchre)

Wednesdays at 1:00 p.m.

**LOOKING FOR MORE PLAYERS!**

## GERMAN CLUB

Mondays at 1:00 p.m.

## HANDCHIME CHOIR

Wednesdays at 9:00 a.m.

Thursdays at 9:00 a.m.

## LINETTES

Wednesdays at 9:00 a.m.

## PINOCHLE

Fridays at 1:00 p.m.

## POKER

Mondays at 1:00 p.m.

## POOL

Open Pool daily (8:00 a.m.—4:30 p.m. except during league play)

Leagues

8-Ball Tuesdays 8:30 a.m.—1 p.m.

9-Ball Wednesdays 8:30 a.m.—1:30 p.m.

Call LeRoy Walters at 921-0671 for info.

## QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for info.

**R.O.M.E.O.** All men are welcome to join the “Retired Old Men Eating Out”

Thursday, December 1, at noon  
**Cibo Restaurant inside Ramada**

Thursday, January 5, at noon  
**Schmitt's Oar House**

**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 donation

Mondays at 1:15 p.m.

*Jack of Diamonds*

Wednesdays and Fridays at 1:15 p.m.

*Black Queens*

## SKAT

Tuesdays at 9:00 a.m.

## SPANISH CLUB

Wednesdays at 1:30 p.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

*You **MUST** call the Center if attending.*

Friday, December 16

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

**Sunset Supper Club**

## WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo)

We'll be racing CHRISTMAS PRESENTS on December 27.

## Wii BOWLING

2nd & 4th Thursdays at 1:00 p.m.

Open Bowling

Fridays at 12:30 and 2:00 p.m.

League Play

## WINNEBAGO WOODWORKERS

1st 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.

Contact Dave Jackson at 923-5233 for more information.

## WOODCARVERS GROUP

Mondays at 9:00 a.m.

## WRITERS GROUP

Fridays at 1:00 p.m.

# HEALTH & WELLNESS

## EXERCISE CLASSES

*Men & Women Welcome!*

### LOW IMPACT EXERCISE

Mondays 8:55 – 9:25 a.m.

Sponsored by **All About Life**

### EXERCISE VIDEO

Wednesdays 10:15 – 10:45 a.m.

Video furnished by **Lutheran Homes & Health Services**



## TAI JI

A new Tai Ji session begins on January 10 and ends March 13 for a total of 8 weeks. The cost is \$45. Classes are held on **Tuesday** mornings

from **9–10 a.m.** Participants should wear loose comfortable clothing and tennis shoes for these classes. Friends Membership is required. To register or for more information, call 322-3630. Men & Women Welcome!



## WALKING CLASS

Would you rather walk indoors in the cold weather? Come check out our new walk class that will be walking in place for one mile. Each week will emphasize different muscle groups. Total time will be about one half hour. The class will meet at **3:45 p.m.**

**Mondays.** December dates are: **12/5, 12/12 and 12/19.** There is no cost to participate. For more information, talk to Jean or register by calling 322-3630.

## Thanks for Your Support

We served more than 150 people at the Pancake Breakfast on Veteran's Day sponsored by Lake View Estates. We appreciated your attendance and the money raised for our Senior Outreach Program.

## OTHER EXERCISE

**Bikers** ..... Monthly rides April through October

**Hikers** ..... Tuesday & Thursday mornings

**Line Dancing** . . . . Thursday evenings; \$10 for 4 weeks

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

**Zumba Gold** ... Mondays 6:30 – 7:30 p.m. \$5 per session  
6 week session starting January 9 for \$23

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by ManorCare

**Friday, December 9** 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 9** 8:30 – 10 a.m.

*2nd Friday of the month*

No appointment needed; Donations accepted.

*12-hour fast is required.*

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare  
Lipid Panel + Glucose screening

**Tuesday, February 14** 8:30 – 11 a.m.

*2nd Tuesday in February, May, August, November*

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

*12-hour fast is required.*

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

**Thursday, December 8, 15, 29**

Cost: \$20.00; Call 322-3630 for appointment

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, December 9** 8:30 a.m. – 10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

*2nd Friday of the month*

Call 322-3630 for appointment; Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS

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

**Tuesday, December 27** 10 a.m. through the day

*Usually 4th Tuesday of the month*

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

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Next meeting: Wednesday, December 28** (*4th Wednesday of the month*)

9–10 a.m. at Lutheran Homes & Health Services

244 N. Macy Street, 2nd floor Sun Room

### DIABETIC SUPPORT GROUP

**Next meeting: Monday, December 5**

5:30 – 6:30 p.m., Agnesian, 430 E. Division St., 6th floor meeting room

### LOW VISION SUPPORT GROUP

**Next meeting: Wednesday, February 8** (*2nd Wednesday of the month*)

12:30 p.m. at the Senior Center, 151 E. First Street

### PROSTATE CANCER December 13

(*2nd Tuesday of the month*)

8:30 a.m. at Rolling Meadows Restaurant

947 S. Rolling Meadows Drive

### CAREGIVER SUPPORT GROUP

**Next Meeting: Wednesday, December 21** (*3rd Wed of the month*)

7 p.m. at Pilgrim United Church of Christ, 535 Stow St. sponsored by

ManorCare.

# HEALTH & WELLNESS

## SENIOR WELLNESS MORNING

**Friday, December 9 9–11 a.m.**

Health Screenings from 9–10 a.m.

- **Hearing Screening** by *Avada Hearing Care Center*
- **Blood Pressure** by *Manorcare*
- **Blood Sugar** by *Lutheran Homes & Health Services*

Booths from 9–10 a.m.

SCAMP demo (Senior Center band), chiropractic, UW-Extension, Learning in Retirement, Assisted Living Facilities, Home care & more. Register for door prizes.

**Speaker 10–11 a.m.**

*“Keeping the Holidays Merry—Coping with Holiday Stress.”* Everest Brooks, MSW, LCSW, CSAC

## SUPPORT THE SENIOR OUTREACH PROGRAM WITH A HEART

Open your heart and purchase an ornament in memory of a loved one who is deceased or to honor a family member, friend co-worker or other special person in your life. The purchase of each spun glass heart ornament is a donation to the program. The cost is \$2 per ornament. The ornament is placed on the heart tree in the Activity Room and a listing of donors and those honored will be placed next to the tree.



## LOOK GOOD . . . FEEL BETTER

The American Cancer Society is sponsoring a “Look Good...Feel Better” program at the Senior Center on **Wednesday, December 7, from 9–11 a.m.** This is a free program created for **women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Advance registration is required. To register, call the American Cancer Society toll free at 1-800-227-2345. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies.



## GLUTEN-FREE SUPPORT GROUP

The next meeting for this new group will be on **Friday, January 20, from 9–10 a.m., at Festival Foods** in the conference room. Gluten-free refreshments will be served. If you have questions call 322-3636 for information. Check out the group’s website at <http://fdlglutenfreesupportgroup.weebly.com>. The site includes information from the October 21 meeting, recipes, and much more.



## LIFE STORY BOOK WORKSHOPS PLANNED

A life story book involves picking out key pictures that tell the story of a person’s life and placing them in a memory book that can be shared with others. These workshops will start in January. Time and date to be determined. For more information call Jean at 322-3636.

## SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## COMMUNITY CARES

**Volunteers** will visit **Walnut Grove**, 597 Kingswood Avenue, from 2–3 p.m. on **Tuesday, December 13**, and will include singing Christmas songs with the residents.

Volunteers go to a different local nursing home or assisted living facility each month to visit residents who may not have family or friends nearby. **Volunteers can be any age** and may visit just one time. This community outreach is a fun activity usually done in pairs. You can make a difference in someone’s life. Call the Senior Center at 322-3630 to volunteer and give a gift of time during the holidays.



## OUTREACH HOLIDAY BREAKFAST

Senior Outreach Program volunteers will meet **Thursday, December 8, at 9 a.m. at Rolling Meadows Restaurant** for our annual holiday breakfast. This is for volunteers only. If you plan to attend, you must call in your reservation to the Senior Center before December 6. Volunteers should bring their November report. Join us for a festive, enjoyable time.

**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

# RED HAT HONEYS

THE FOND DU LAC SENIOR CENTER  
CHAPTER OF THE RED HAT SOCIETY

PLEASE PICK UP A DETAILED COPY OF THE NEWSLETTER AT THE FRONT DESK OR HAVE IT EMAILED TO YOU.

One of our Red Hat Honeys has volunteered to become the next Queen Bee and will rule the chapter from January through June 2012. Her name is a secret and will be revealed at the Christmas Party when she is crowned by our current Queen, Shirley Hanke. Thank you, HRH Queen Shirley, for your reign...*but remember—Once a Queen, always a Queen!*

## UPCOMING ACTIVITIES:

### Decorating Gingerbread Houses

Thursday—December 8

Either: 9–11 a.m. OR 1–3p.m.

At the Senior Center \$10 per person—LIMITED SPACE!

OPEN TO THE PUBLIC

NOT JUST RED HATTERS!

### Red Hat Honeys Christmas Party

Thursday—December 15

Sign up in the 3-ring binder.

### “Bling!” Oshkosh Trip

Wednesday—February 15

Carpool from Senior Center at 9:30 a.m.



## SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- 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; TOPS meets Mondays at 5 p.m.
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.  
Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m.  
Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program  
Meals served at Senior Center Monday—Thursday at 11:45 a.m.  
Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk.  
Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
  - FDL County Department of Senior Service Benefit Specialist Julie Hilbert can be reached at 929-3521.

## THIS 'n THAT Craft & Gift Shoppe

OPEN TO THE PUBLIC  
Monday—Friday 9 a.m.—4 p.m.

## NEW IN OUR SHOPPE!



We have an assortment of Rabbit Creek “Bake in a Pot” sets and Chip & Dip Mix sets that would make a unique gift for that special someone or a nice and simple idea for holiday entertaining. The “Bake in a Pot” sets include quick bread and muffin mixes.



## REMEMBER US FOR UNIQUE HOLIDAY GIFTS!

- Hand-carved wood walking canes & staffs
- Christmas centerpieces and other seasonal items
- Cozy mittens, hats, slippers and scarves
- And much, much more!
- Many items can be custom ordered



# COMMUNITY



## AARP CHAPTER #614 CHRISTMAS PARTY

**Wednesday ~ December 14**  
**North Fond du Lac Community Center**  
 281 Garfield Street North Fond du Lac

**Social ~ 11:30 a.m.**  
**Luncheon ~ Noon**  
 Followed by Musical Entertainment

**MENU:** Beef tips, chicken, mashed potatoes & gravy,  
 California mix veggies, fruit fluff, cake, and beverages

**COST: \$10 per person**

Make check payable to "AARP Chapter 614," and mail to  
 Kate Barr, N6411 Danny Lane, Fond du Lac, WI 54935.

★GREAT FOOD ★ENTERTAINMENT ★FUN

\*Opportunity Raffle – please bring a canned soup donation for tickets

Deadline to register: Friday, December 9; Limit of 80 attendees

\*If you would like to join for \$3, your membership is good now through  
 December 2012. Those joining by January 19 will be eligible for prizes  
 in a random membership drawing to be held at the AARP General  
 Meeting on Thursday, January 19, 2012.

## COMPLIMENTARY TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public. These tickets are to be used *by seniors* on a **shared basis**—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available for check out at the front desk.



## OPERATION BEANIE KNITTERS:

**At this time we will no longer be collecting beanie for the military. Thank you to all who have participated in the Operation Beanie program by knitting caps over the past few years. Our soldiers appreciated the effort.**

# CLASSES & CROPS

## ART & RECREATION CLASSES

Listed below are the art and recreational classes 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 per Session	Cost per Session
<b>Oil Painting</b>	Tuesday	10 a.m.—noon	4	\$15
December 6, 13, 20, 27		January 3, 10, 17, 24		
January 31, February 7, 14, 28		March 6, 13, 20, 27		
<b>Watercolor</b>	Tuesday	1—3 p.m.	4	\$15
December 6, 13, 20, 27		January 3, 10, 17, 24		
January 31, February 7, 14, 28		March 6, 13, 20, 27		
<b>Mixed Media</b>	Tuesday	3—4:30 p.m.	4	\$10
December 6, 13, 20, 27		January 3, 10, 17, 24		
January 31, February 7, 14, 28		March 6, 13, 20, 27		
<b>Drawing</b>	Wednesday	6—8 p.m.	4	\$15
December 7, 14, 21, 28		January 4, 11, 18, 25		
February 1, 8, 15, 22		March 7, 14, 21, 28		
<b>Country Line Dancing</b>	Thursday	6—7 p.m.	4	\$10
January 5, 12, 19, 26		February 2, 9, 16, 23		
March 1, 8, 15, 22		April 5, 12, 19, 26		

## SCRAPBOOK CROP ✂---✂---✂

Danielle Mader will hold Scrapbooking Crop at the Senior Center on **Saturday, January 14, from 9 a.m. to 11 p.m.** The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more information, please call Danielle at 920-517-3496 or email her at [creativemomto3peas@yahoo.com](mailto:creativemomto3peas@yahoo.com).

## SOUP DRIVE OVER 1700 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Please drop your donations in the large soup



pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, these donations have been deeply appreciated.

**KEEP THOSE CANS COMING IN AND THANK YOU! 17**

# JOIN THE FRIENDS



# What would Santa do?

He'd tell you 'tis the season to

# RENEW!

If you haven't done so already, it's time to renew your **Friends membership** for a chance to win **fabulous prizes** in our **2012 Membership Drive Drawing** that runs through **December 31, 2011**

# 1<sup>st</sup> Place Prize: \$100 CASH

**OTHER 2012 MEMBERSHIP DRIVE PRIZES INCLUDE:**

- Restaurant & area business gift certificates
- 2012 Dine Out Coupon Books
- And more!

Complete the membership form to the right and mail it with your check or drop it off with payment at the front desk by **December 31**, and you just might win a prize. You are automatically entered into the random drawing with your completed form.

# 2012 FRIENDS MEMBERSHIP APPLICATION

2012 membership valid NOW through December 31, 2012

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

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

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

## CHOICE OF SUPPORT:

- \$10.00 Single**
- \$15.00 Couple** (Husband and Wife)
- \$\_\_\_\_\_ Utility Donation for the City of Fond du Lac** Last year we asked members to give \$25 or whatever they could afford. A \$10,000 donation was made by the Friends Board of Directors on September 14, 2011 to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations last year...250 of our 2,446 members made a donation. Your donation for 2012 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 2012 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 Senior Center.  
PLEASE CHECK:  Yes, you CAN include my name when listing publicity.  No, please do NOT list my name.
- \$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 2012 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. \_\_\_\_\_

**RENEW or JOIN before December 31, 2011**  
and be eligible for great prizes in our 2012  
Friends Membership Drive...a chance to  
win \$100 and more!

**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.

### FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

NEW 2012 Member     Renewal    Receptionist Initials \_\_\_\_\_

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

Received Among Friends Newsletter     Received Happy Travelers Information    DEC NEWSLETTER **19**



## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

NON PROFIT ORG  
U.S. POSTAGE

**PAID**

FOND DU LAC, WIS  
PERMIT NO. 129

ADDRESS SERVICE  
REQUESTED

■

## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

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

#### ASSISTANT DIRECTOR

*Judy Lange*  
322-3633  
jlange@fdl.wi.gov

#### TRAVEL COORDINATOR

*Doris Zimmermann*  
322-3635

#### WELLNESS COORDINATOR

*Jean Holzman*  
322-3636

#### OFFICE COORDINATOR

*Vickie Michels*  
322-3639

#### CRAFT SHOPPE COORDINATOR

*Patsy Lefeber*  
322-3638

#### PROGRAM/OFFICE ASSISTANT

*Mary Schneider*  
322-3640

### FRIENDS BOARD

*Kate Barr*

*Susanne Dennis*

*Jerry Gordon*

*Mary Kind*

*Irv Pea*

*Jim Sabel*

*Ruth Smith*

*LeRoy Walters*

*Ron Zarling*

### SENIOR CITIZEN ADVISORY COMMITTEE

*Bill Carey*

*Kathryn Curran*

*Joyce Dille*

*Vivian Gorden*

*Barbara Lukas*

*Mary Kind*

*Jim Sabel*

*Donna Jean Trapp*

*Judi Walters*

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.