



Among Friends

FEBRUARY 2012



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

LOOK INSIDE!

Recreational
Opportunities

Health &
Wellness

There's lots to

Happy
Travelers

Senior
Outreach

LOVE

Educational
Programs

This 'n That
Craft & Gift
Shope

at the

Fond du Lac Senior Center

Proudly serving the Fond du Lac community for 45 years!

WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication
Vol. 3 • No. 2

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Fond du Lac Senior Center

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

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

IMPORTANT NOTICE

This is the **LAST** newsletter you will receive **if you have not renewed** your FRIENDS membership. *How do you know if you have renewed?* Look at your mailing label, if the renewal date is 01/01/12 and highlighted in orange, you have not renewed for 2012. For your convenience, you can find a tear-out membership form for on page 19. Just fill it out and drop it off at the Senior Center or mail in with your check of support (send to 151 E. First Street). If your renewal date is 01/01/13, you're all set...and **THANK YOU FOR BEING A FRIEND!**

YOUR UNDERSTANDING IS APPRECIATED

Senior Center participants: Thank you for your cooperation when the rooms need to be juggled due to our tight room schedule. Implementation of the Tax Aide Program requires space, including our computer lab, during February, March and April. There are so many other activities going on that activities have been moved and groups asked to change times. Thanks for your understanding as we try to keep the Center active and also offer this worthwhile community service!

THANK YOU VOLUNTEERS

You are the **HEART** of the Senior Center

The Fond du Lac Senior Center is fortunate to have over 300 great volunteers who give of their time and talents, their patience and experience, their smiles and wisdom, their sense of humor and energy. On any given day, the Center offers many opportunities for volunteers to help with what they love to do; or sometimes it may be doing something that they have never done before and end up loving it! It is not an exaggeration to say that without the help of volunteers, our Senior Center would not be able to offer so many programs, activities and services and would not be the vibrant place it is. From grilling brats at our Piggly Wiggly summer fundraisers, to helping fold and tape the newsletter each month, from serving as activity coordinator, receptionist, or Craft Shoppe cashier to helping with building maintenance and repairs, and more...our volunteers are at the heart of what makes the Fond du Lac Senior Center the wonderful place it is!



“Volunteers don’t necessarily have the time, they just have the heart.”

~ Elizabeth Andrew, American author and Spiritual Advisor



Visit us online at:

www.fdl seniorcenter.com

Armchair Trip to Hawaii

COMMUNITY CARES PROGRAM: SENIORS TO “VISIT” HAWAII IN MAY

Last October, 24 seniors from 11 local nursing homes and assisted living facilities and other seniors living at home, participated in an imaginary trip to Hawaii through the Fond du Lac Senior Center Community Cares Armchair Travel Program.

The trip was made possible through a grant from the Fond du Lac Area Foundation and the financial support, help, and encouragement from dozens of area businesses, groups, and individuals. More than 50 people donated their time and talent. The Planning Committee is (clockwise from back left): Event Coordinator Mary Schneider, Marian University Social Work Intern Jordan Jahn, Jaime Roth, staff from All About Life Rehabilitation Center, receptionist and volunteer Helen Aschenbrenner, and Dottie Winkelmann (not pictured).



Another trip is being planned for **Friday, May 4, 2012**. The “trip” will be held at the Senior Center, utilizing the entire building for the big event. The Committee is taking names of possible participants based on the following criteria: 1) a senior who likely will no longer travel outside the community due to physical or financial limitations 2) a senior who has not traveled in a long time 3) seniors must be ambulatory—not use a wheelchair 4) the senior does NOT have to be a member of the Senior Center—we welcome any senior from the community (meeting the criteria) to participate!

The event is about 2 1/2 hours and includes lunch and entertainment **and it is FREE**. If you or someone you know fits the criteria and would like to take a “trip” to Hawaii on May 4, please call Mary at 322-3630 as soon as possible. A list of possible participants will be reviewed by the Planning Committee and participants will be notified in late March or early April if they will be on the May trip. WE NEED NAMES OF SENIORS and encourage seniors to put their name on the list. The Committee does not give too many details of the special event so that the “trip” is full of surprises.

Possible senior participants are encouraged to call Mary Schneider at the Senior Center at 322-3630 for more information **AS SOON AS POSSIBLE**. The Committee hopes to recruit 24 seniors for the May 4th FREE trip.

If you would like to **volunteer** to help, you can also call Mary.

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 March newsletter is Monday, February 6. 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.



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—February 6, 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.

SING INTO WELLNESS

Wednesday mornings from 10–11 a.m.:

February 8, 15, 22, 29, March 7, 14.

Express yourself in music! You're never too old to sing...

Kathryn Staley-Hamm, voice teacher with Mike's Music, will be starting a new 6-week singing class aimed at all skill and experience levels, from beginner to advanced. With Kathryn's basic technique of singing approach, you can learn to sing, improve your talent and have fun experiencing different styles of music. Sessions will feature Country, Gospel and Broadway tunes and include a guide book with music and accompaniment CD. The cost is \$20 for the 6-week session. Register with payment at the front desk. **NO PRIOR SINGING EXPERIENCE NEEDED...OPEN TO ALL LEVELS!**

DRIVER SAFETY CLASS

Monday, April 16, from 8:30 a.m.–12:30 p.m.

(deadline to register: Thursday, April 12)

OR Thursday, May 24, from 12–4 p.m.

(deadline to register: Monday, May 21)

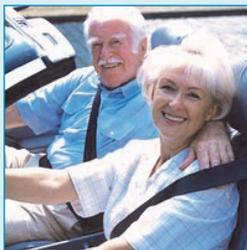
This one-day course consists of ALL IN-CLASS learning – NO tests and NO driving. The cost is \$12.00 for AARP members (please bring your card) and \$14.00 for non-members. Pre-registration is required.

Why Take a Driver Safety Class?

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. Through 35 years, it has helped millions of drivers remain safe on today's roads. The program is a 4-hour classroom refresher that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

- Tune up your driving skills; Update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your insurance provider.

4 For more information or to register, call 322-3630.



INVESTMENT WORKSHOP with Jeff Kemp

**Mondays – March 5 through April 18
from 3:00 – 4:30 p.m.**

Are you interested in making more informed decisions with your investments? Each spring, the Fond du Lac community has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to



the Senior Center every March and April to present his financial workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.

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

Topics include:

WEEKS 1 & 2 Investing in the stock market through mutual funds

WEEK 3 Bond investing

WEEK 4 Understanding what economic forces move markets

WEEK 5 Building a sound asset allocation

WEEK 6 Taxes and investing; exchange traded funds

WEEK 7: How to build and manage your own portfolio

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

FREE TAX ASSISTANCE OFFERED



Tax-Aide volunteers offer FREE Income Tax Preparation Assistance to electronically file federal and state income taxes, including the "homestead credit."

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 also help ALL low-to-moderate income individuals, regardless of age. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the program, the volunteers will be able to assist **most** area residents.

The Fond du Lac Senior Center Tax-Aide site, located at 151 E. First Street, operates each

***Monday—Thursday 8:30 a.m.—3:00 p.m.
from February 1 through April 12***

The Tax-Aide program provides federal tax, state tax, and homestead credit assistance. **Appointments for FREE tax assistance can be made by calling 322-3630.** Walk-ins will be accommodated as time allows, but *it is recommended that you make an appointment.* One tax return per appointment (if you need two tax returns done, you will need to schedule two appointments).

WHAT TO BRING

You should bring:

- A complete copy of 2010 tax returns – if available
- 2011 Wage Statements (W-2's), Miscellaneous Income Statements (1099-Misc)
- 2011 Interest Statements (1099-INT) and Dividend Statements (1099-DIV)
- 2011 Mortgage Statements (1098)
- 2011 Pension and Social Security Statements (1099-R & SSA-1099)
- 2011 Tuition Statements (1098-T)
- Receipt of Property taxes actually PAID in 2011 (this may not be what was OWED for 2011)
- Any other sources of income (gambling, small business [under \$5000 expenses, no losses], etc)
- Any expenses - such as medical, mortgage interest, charitable contributions and misc. expenses
- All Social Security cards for yourself, your spouse and any dependents
- For homestead credit, bring rent certificate/s completed and signed by landlord **or** your 2011 property tax bill
- Health insurance premiums in addition to Medicare, paid in 2011, for both husband and wife
- If you sold stock in 2011, bring purchase and sale amounts and dates (contact your broker with questions)
- A Record of any federal and state tax estimates paid in 2011
- Your check book (Direct deposit is a fast and secure way to get your refund)
- If possible, both husband and wife should come to the appointment.



PLEASE ARRIVE AT LEAST 15 MINUTES EARLY FOR YOUR TAX AIDE APPOINTMENT!

If you have an appointment and are sick or not feeling well, or can otherwise not make your appointment, please call to cancel your appointment and reschedule.

ONE TAX RETURN PER APPOINTMENT

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

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

RIDERS IN THE SKY

Sunday—March 4

Nationwide Reunion Show—Appleton

Cost: \$52

Riders in the Sky is a multi-Grammy Award-winning Western music group whose music is firmly grounded in the rich American music traditions of such legendary cowboy singers as Gene Autry and Roy Rogers and the Sons of the Pioneers. Their fun-filled performances have enchanted audiences of all ages. The Riders have single-handedly revived and revitalized an entire music genre since they formed in 1977. Back by popular demand, Riders in the Sky is sure to delight you once again and if you've never had the cowboy experience—you are in for a surprise!



Lunch is included: Van Abel's of Hollandtown

Leave FDL: 10:45 a.m. Home: 5:00 p.m.

MARY POPPINS

Wednesday—March 7

Fox Cities PAC—

Appleton

Cost: \$108

Mary Poppins is bringing its own brand of Broadway magic to theaters across the country, which has Variety raving, "This is the rare touring production that over-delivers on every level!"

Featuring the irresistible story and unforgettable songs from one of the most popular Disney films of all time, plus brand-new breathtaking dance numbers and spectacular stagecraft, Mary Poppins is everything you could ever want in a hit Broadway show! So get swept up in the fun of this high-flying musical the New York Post gives four out of four stars and calls "a perfect piece of musical theater."



Includes all-you-can-eat dinner buffet at Golden Corral.

Leave FDL: 4:30 p.m. Home: 11:30 p.m.

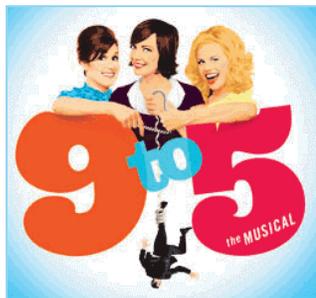
9 TO 5: THE MUSICAL

Sunday—March 18

Fireside Theater—Fort Atkinson

Cost: \$93

Take a hit movie comedy. Add the wonderful music of the one and only Dolly Parton and you have a musical comedy to delight and thrill audiences young and old. Direct from Broadway and the 1st National Tour, The Fireside is proud to be the first professional theatre in the state to produce the smash hit musical 9 TO 5. It's a madcap tale about three talented and resourceful women who declare war on their tyrannical boss. What ensues is a fast moving, hilarious romp filled with great songs, lively dances, and nonstop fun. Be among the first to see this Broadway blockbuster at The Fireside. Includes the Fireside's famously delicious Sunday Brunch.



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



CLEOPATRA

The Search for the Last Queen of Egypt

Thursday—April 12

Milwaukee Public Museum

Cost: \$62

Here's your chance to stand between two sixteen-foot tall stone statues of a king and queen of Egypt, just as Cleopatra once did in the ancient city of Heracleion as she was crowned the last Pharaoh of Egypt. Then try to make out the tiny hieroglyphics of the Egyptian calendar on a broken obelisk. Or see coins and gold jewelry from the ruins of Alexandria, sphinxes with the faces of former pharaohs, and much more. This whole exhibit wraps around the mystique of Cleopatra VII. *The Search for the Last Queen of Egypt* features nearly 150 artifacts from Cleopatra's time and helps visitors experience the search for the elusive queen. Lunch is Dutch Treat in the Museum cafeteria.

Leave FDL: 9:30 a.m. Home: 5:00 p.m.

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

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

CLAUSON GOSPEL MUSIC

Thursday—May 17 Cost: \$64

Barn Theater—Coloma, WI

This dinner show features Gospel music, hymns and inspirational music. **Menu:** *Chicken, Beef, Ham, Potatoes & Gravy, Rolls, Fruit Salad, Dessert, Coffee, Tea and Milk.*

LEGALLY BLONDE

Saturday—May 26 Cost: \$93

Fireside Theater—Fort Atkinson

The tale of a determined young woman who rises above everyone's expectations and pre-judgments to her ultimate triumph over the naysayers in a show filled with bright music and dancing and laughs galore.

Menu: *Tomato Bisque Soup with Grilled Cheese Slider, Chicken Breast, Baked Pineapple & Macadamia Nut Souffle, Stir Fried Asian Rice with Vegetables & Canadian Bacon, Banana Crème Brulee, Coffee, Tea and Milk.*

ONEIDA CASINO TRIPS

Cost: \$64 (unless otherwise noted)

Includes \$25 for gambling, meal, & bus transportation. Leave: 10:00 a.m.; Home: 7:00 p.m.

THURSDAY, FEBRUARY 23 Dinner: Van Abel's—Hollandtown (Cost \$48)

THURSDAY, MARCH 29 Dinner: Kodiak Jack's in Oshkosh

THURSDAY, APRIL 26 Dinner: Schwarz's in St. Anna

THURSDAY, MAY 24 Dinner: Jim & Linda's

THURSDAY, JULY 26 Dinner: Red Cabin at Green Acres

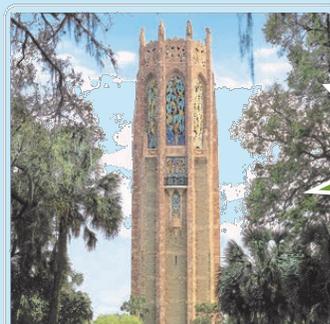
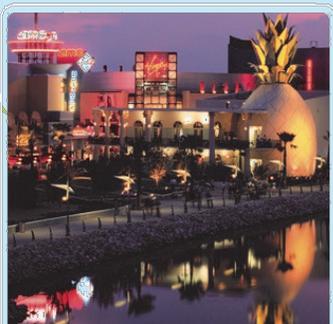
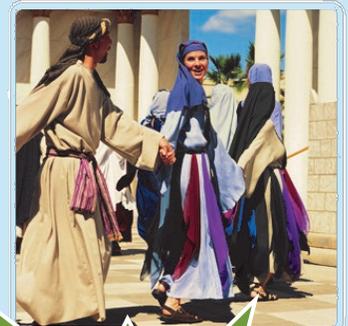


ORLANDO, FLORIDA with Diamond Tours

April 14—22 (Saturday—Sunday)

Cost: \$689 per person, double occupancy

- Motorcoach Transportation, video and restroom equipped, guaranteed to be no more than 3 years old.
- 8 nights lodging including 4 consecutive nights in Orlando
- 14 Meals including: 8 Breakfasts and 6 Dinners
- Admission to the **HOLY LAND EXPERIENCE** - Ancient Jerusalem re-creation!
- Visit to **MORSE MUSEUM** - see the beautiful **TIFFANY CHAPEL** from the 1893 Chicago World's Fair
- Admission to **ARABIAN NIGHTS** - exciting equestrian Dinner Show
- Visit **BOK TOWER GARDENS** - National Historic Landmark & tranquil oasis
- Option to attend **DISNEY WORLD** on Day 6 (entrance fee is \$85)
- And much more! **STOP IN FOR A COMPLETE ITINERARY!**



**9 DAYS
8 NIGHTS**

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.



MORAINÉ
PARK
TECHNICAL COLLEGE

HOW TO REGISTER 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 to register.

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1								
103-483-31277	T, W, R	April 17, 18, 19	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$31.96
103-483-31283	Tuesday	May 8, 15, 22	3 wks	1:00—4:00 p.m.	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. Each student is required to bring a jump drive to class.

COMPUTER BASICS 2								
103-485-31275	Friday	March 30, April 6, 13	3 wks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$31.96
103-485-31279	Wednesday	May 9, 16, 23	3 wks	9:00 a.m.—Noon	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.

COMPUTER BASICS 3								
103-490-31278	T, W, R	April 24, 25, 26	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96
103-490-31286	Wednesday	May 9, 16, 23	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. Each student is required to bring a jump drive to class.

COMPUTER BASICS 4								
103-491-31276	Monday	April 16, 23, 30	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$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.

EXCEL WORKSHOP								
103-452-31281	Friday	April 27	1 time	9:00 a.m.—Noon	3 hrs	Karen Beaman	\$4.00	\$9.59
103-452-31282	Thursday	May 3	1 time	1:00—4:00 p.m.	3 hrs	Karen Beaman	\$4.00	\$9.59

Introduces students to basic spreadsheet techniques including formulas, graphs and function wizards. Students will be able to build a simple spreadsheet and use formatting and other enhancements to make it look professional.

BEGINNING DIGITAL CAMERAS								
105-605-31270	Monday	May 7	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.

INTERMEDIATE DIGITAL CAMERAS								
105-609-31271	Monday	May 14	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

DIGITAL PHOTO FUN								
203-625-31279	Friday	April 13	1 time	12:30—4:30 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
203-625-31287	Thursday	May 10	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Learn to edit photos and create digital scrapbook pages to share with your family and friends. Digital scrapbooking programs and other online possibilities will be explored. Bring your photos on a jump drive or CD to use in class.

COMMUNITY

VOLUNTEER OPPORTUNITIES

DO YOU WANT TO VOLUNTEER AND HAVE SOME FUN AT THE SAME TIME?



Volunteers are needed for this year's Festival Foods Taste of Fond du Lac

SUNDAY, FEBRUARY 26

Event organizers are looking for interested volunteers to help man the ticket booths and monitor door entrances.

There are two shifts available:

10:30 a.m.—2:30 p.m. OR 2:30—6:30 p.m.

What to expect: The 26th annual Taste of Fond du Lac is held at the Fairgrounds Expo Building. All volunteers will receive free admission to the event, food tickets and a free t-shirt. This is a community event and a great way to meet new people!

Please call Fond du Lac Festivals, Inc. at (920) 923-6555 if you are interested in volunteering.

VOLUNTEERS NEEDED



Fond du Lac County Senior Dining Program is in need of Kitchen Volunteers for the Riverview Dining Site (101 Western Avenue). The program can't run without them. Volunteers are needed to cover **two to four times**

per month from 10:30 a.m.—1:00 p.m. Volunteers will receive a complimentary meal on the day they work. No special "skills" or "experience" is necessary - will train. Desired qualities: Capable, dependable, friendly and willing to work as a team!

Benefits of Volunteering

Meet people. Make friends. A way to have fun while giving back to your community. Volunteers 55 years and older may qualify for Mileage Reimbursement, Secondary Accident & Liability Insurance to and from volunteer site.

Call 920-929-3114 or 1-800-215-5494 to volunteer or for more information.

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
Oil Painting	Tuesday	10 a.m.—noon	4	\$15
		January 31, February 7, 14, 28	March 6, 13, 20, 27	
		April 10, 17, 24, May 1	May 8, 15, 22, 29	
Watercolor	Tuesday	1—3 p.m.	4	\$15
		January 31, February 7, 14, 28	March 6, 13, 20, 27	
		April 10, 17, 24, May 1	May 8, 15, 22, 29	
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
		January 31, February 7, 14, 28	March 6, 13, 20, 27	
		April 10, 17, 24, May 1	May 8, 15, 22, 29	
Drawing	Wednesday	6—8 p.m.	4	\$15
		February 1, 8, 15, 22	March 7, 14, 21, 28	
		April 4, 11, 18, 25	May 2, 9, 16, 23	
Country Line Dancing	Thursday	6—7 p.m.	4	\$10
		February 2, 9, 16, 23	March 1, 8, 15, 22	
		April 5, 12, 19, 26	May 3, 10, 17, 24	
Singing	Wednesday	10—11 a.m.	6	\$20
		February 8, 15, 22, 29, March 7, 14		
Sewing Lab	Wednesday	3:30-6:30 p.m.	4	\$12
		April 4, 11, 18, 25	October 3, 10, 17, 24	

SCRAPBOOK CROPS ✂---✂---✂

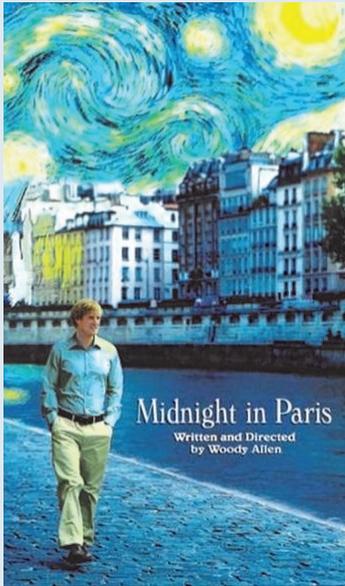
Danielle Mader will hold Scrapbooking Crop at the Senior Center on **Saturday, March 17, from 9 a.m. to 11 p.m.** The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more information, call Danielle at 517-3496 or email her at creativemomto3peas@yahoo.com.

AARP MEETING Thursday, February 16, at 1:30 p.m.

Ray Lapierre, Chairman of FDL County TRIAD/SALT, will be the guest speaker at February 16 general meeting of AARP Chapter #614. He will discuss Seniors and Law Enforcement Together (SALT) - its history, mission and programs (File of Life, Senior Safe Driving Expo, etc.), as well as the results of a FDL County survey on the major fears of seniors in the community. He will also address the most prevalent scams and cons perpetrated against seniors working their way around Wisconsin. Meetings are free to attend and open to the public — all ages are welcome. They are held at the Senior Center **every 3rd Thursday of the month at 1:30 p.m.** The cost to join the local AARP chapter is \$3.

MONTHLY MOVIE

“MIDNIGHT IN PARIS” ~ Thursday, February 9



11:45 a.m. Lunch (optional)

MENU: Pizza Casserole, Peas, Plums, Italian Bread, Ranger Cookie, & Milk

12:30 p.m. Movie: *Midnight in Paris*

Woody Allen's most accessible and enjoyable comedy in years. Owen Wilson and Rachel McAdams play a Gil and Inez, a betrothed couple vacationing in Paris before their marriage; she's a spoiled, upwardly mobile young woman with wealthy parents, he's a dreamer of a screenwriter who falls in love with the city of lights. One night when she's off dancing with friends, Gil walks alone through the city and is magically transported to the Paris of the 1920s, where he meets up with the likes of Cole Porter, F. Scott and Zelda Fitzgerald, Ernest Hemingway, Josephine Baker, Gertrude Stein, Pablo Picasso, Salvador Dali and Luis Bunuel. He's enamored with the idea that -- unlike the present -- the 1920s was a golden era, but as his midnight walks take him further away from Inez and her world, he discovers that the illusion people have that a life different from theirs would be much better might not be true after all. **Director:** Woody Allen. **Stars:** Owen Wilson, Rachel McAdams, Michael Sheen, Kathy Bates, Adrien Brody; 2011, Rated: PG-13, 94 minutes, Comedy.

You must register separately for each activity. Call 929-3937 by 1 p.m. on Wednesday, February 8, 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 and open to the public. FREE popcorn and refreshments.

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.

Welcoming new members of any media!

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.

An apple a day is good for your body...

A chapter a day is good for your mind. Join us!

February 20 *The Girl with the Dragon
Tattoo* by Stieg Larson

March 19 *Sarah's Key*
by Tatiana de Rosnay

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.

CANASTA **NEW!**

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

LOOKING FOR MORE PLAYERS!

COIN CLUB

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

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

DOMINOES

3rd Wednesday at 12:30 p.m.

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, February 2, at noon

Cibo Restaurant (inside Ramada)

Thursday, March 1, at noon

Rolling Meadows Family Restaurant

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, February 17

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

Sebastian's Steakhouse

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6 p.m.

WACKY RACES

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

We'll be racing CUPIDS on February 28.

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

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.

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

TAI JI

A new Tai Ji session will begin on 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 meets at **3:45 p.m. Mondays and Thursdays**. 50¢ Donation. For information or to register call 322-3630.

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 and Health Services**



ZUMBA GOLD Mondays 6:30 – 7:30 p.m.

Now held at the St. Patrick's School Gymnasium

New session 6 week session begins February 20

\$5 per session or 6 weeks for \$23. Wear comfortable clothing.

This program is designed for senior participants and is beneficial for those suffering from arthritis. For more info, please call 606-9078.



ZUMBA
gold

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
14 \$3.75 per session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by ManorCare
Friday, February 8 9 – 10 a.m.
2nd Friday of the month
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services
Friday, February 8 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, February 9, 16, 23
Cost: \$20.00; Call 322-3630 for appointment

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center
Friday, February 10 9 – 10 a.m.
FREE Hearing Screenings and FREE Hearing Aid Cleanings
2nd Friday of the even months
Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor
Tuesday, February 28 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 (4th Wednesday of the month)

Next meeting: Wednesday, February 22, from 9–10 a.m.
Lutheran Homes & Health Services
244 N. Macy Street, 2nd floor Sun Room

CAREGIVER SUPPORT GROUP

Call ManorCare at 922-7342 for details.

DIABETIC SUPPORT GROUP (1st Tuesday of the month)

Next meeting: Tuesday, February 7, from 5:30 – 6:30 p.m.,
Agnesian Health Care, 430 E. Division St., 6th floor meeting room

LOW VISION SUPPORT GROUP (2nd Wednesday of the month)

Next meeting: Wednesday, February 8, at 12:30 p.m.
Fond du Lac Senior Center, 151 E. First Street

PROSTATE CANCER (2nd Tuesday of the month)

Next meeting: Tuesday, February 14, at 8:30 a.m.
Rolling Meadows Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

Senior Wellness Morning: February 10

9–10 a.m.

Health Screenings

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

12 hour fast is required for blood sugar testing

Booths: Living Well with Chronic Illness, Stepping on Classes, Home health care, Happy Travelers, AARP, and more

10–11 a.m. Speaker: **Long Term Care Insurance**

Dave Duffrin, Managing Partner with Northern States Brokerage, retirement planning healthcare specialist with 20 years experience

RADON AWARENESS

Thursday, February 2 10 a.m.

Many homes in Fond du Lac County hold an unhealthy amount of an odorless, invisible gas called radon. When the gas seeps into buildings it can not be detected by sight or smell. It is the leading cause of lung cancer among nonsmokers. Gloria Smedema of the FDL County Health Department and Diana Hammer Tscheschlock of the UW-Extension will teach us about this subject. Test kits available for \$8.

LIFE STORY BOOK WORKSHOPS

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. We will be continuing work on our books **February 13 and February 27, from 1:30 to 3:00 p.m.** It is not too late to start. This form of reminiscing is fun and beneficial. For more information please call Jean at 322-3636.

VOLUNTEERS NEEDED

The Senior Outreach Program is looking for caring people willing to commit an hour a week to **make a difference in a lonely senior's life.** We provide training, support and suggestions to assist you. If you would like more information, please call Jean at 322-3636.

LOOK GOOD . . . FEEL BETTER

The American Cancer Society is sponsoring a "Look Good...Feel Better" program at the Senior Center on **Wednesday, February 8, 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.

Look Good...Feel Better.



GLUTEN-FREE SUPPORT GROUP

The next meeting for this new group will be on **Friday, March 16, 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 on meetings, foods, restaurants, recipes, and much more. The topic for March will be gluten free grains.

SENIOR OUTREACH PROGRAM



COMMUNITY CARES

Volunteers will visit **All About Life**, 116 East Arndt Street, Fond du Lac from **2–3 p.m.** on **Tuesday, February 21.** 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. Using grant money, a small gift is provided for those visited. 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.

OUTREACH MEETING

Senior Outreach Program volunteers will meet on **Thursday, February 2, at 9 a.m.** to turn in reports, provide support, info and camaraderie for each other. This will be followed by a presentation at **10 a.m.** by the U-W Extension and the County Health Department on **Radon Awareness.** See details above about this presentation.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

SENIOR WELLNESS MORNING

Friday, February 10

Long Term Care Insurance



DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

Must visit at least 4 of the 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 ▪ Demonstration
FAST REQUIRED FOR SUGAR 10+ HEALTH BOOTHS TO BE ANNOUNCED

10—11 a.m. Speaker: **David Duffrin** Managing Partner,
Northern States Brokerage

Topic: **Long Term Care Insurance**



Spending a long time in a nursing home, or under home care, is not something people like to think about; nevertheless, as medical science increases the average life expectancy, a growing number of seniors are finding themselves unable to live independently. At the same time, extended nursing home and home health care is becoming extremely expensive, primarily due to rising medical costs. Addressing the threat of potentially ruinous long-term care expenses could be the most difficult challenges facing you in your retirement years. And while long-term care insurance may not be the answer for everybody, **everybody needs to have a strategy** to address the threat of long-term care expenses.

David Duffrin has specialized as a retirement planning health care specialist for the last 20 years. He serves as Managing Partner of Northern States Brokerage. Senior health care is his area of specialty working with various long-term care, Medigap and individual insurance programs. He regularly hosts educational workshops on senior health care for consumers as well as financial services professionals. Dave feels that long term care financing options are some of the most needed pieces to our retirement planning puzzle today. He has earned his designation and is Certified in Long-Term Care (CLTC).

UPCOMING WELLNESS MORNINGS

The Senior Wellness mornings will now be held on the 2nd Friday of the even numbered months only. The entire year of Senior Wellness Mornings has been planned—with great health topics, informative displays & demonstrations and health screenings.

Tear out this page and mark your calendars!

9—10 a.m.

- ◆ **Booths:** More than 10 displays on a variety of health related topics
Visit 4 displays and register to win a door prize provided by the sponsor.
- ◆ **Demonstrations:** A informational or health-related demo will be featured
- ◆ **Health Screenings:** Blood Pressure, Blood Sugar, and Hearing Screenings will be available at every date; other health screenings may also be offered

10—11 a.m. Speaker:

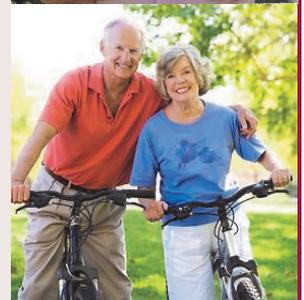
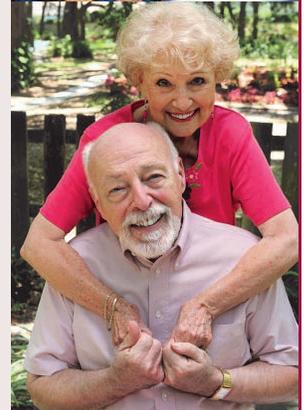
 Learn about an important health issue from an expert:

<u>DATE</u>	<u>TOPIC / SPEAKER / SPONSOR</u>
February 10	Long Term Care Insurance / Dave Duffin / ManorCare
April 13	Chiropractic Care / Dr. Scott Suprenand / Wink Chiropractic
June 8	Headache Awareness / Jim Taylor, Physical Therapist / Rehab Arisces
August 10	Anticoagulation Therapy / Katie Reinke, PharMD, RPH / Agnesian Healthcare
October 12	Nutrition in the Golden Years / Mary Leveille, Nurse Practioner & Stephanie Walker, Nutritionist / Heartland Home Health Care & Hospice & Festival Foods
December 14	Brain Health / Diane Baughn / Alzhiemer's Association

Free Refreshments!

On the 2nd Friday of March, May, July, September, and November (odd numbered months) from 8 to 9 a.m. there will be free blood sugar screenings and blood pressure screenings. At 9 a.m. there will refreshments and a video on a health related topic.

Blood sugar screenings sponsored by *Lutheran Homes & Health Services*
Blood pressure screenings sponsored by *All About Life, ManorCare, Generations, Heartland Homecare and Hospice, and Agnesian Healthcare*
Hearing screenings sponsored by *Avada Audiology & Hearing Care*



Call the Senior Center at 322-3630 to register!

RED HAT HONEYS

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

THIS 'n THAT Craft & Gift Shoppe

Red Hat Honeys Queens welcome new **Queen Bee Patti Werdin**



Once a Queen, always a Queen. Look at all this royalty!
Patti is in the front row (2nd from left) with the sash and tiara and scepter.

"Bling!" Oshkosh Trip

Wednesday—February 15

Carpool from Senior Center at 9:30 a.m.
Dutch treat lunch will be at Robbins Restaurant.

RED HAT HONEYS LUNCH

Thursday—February 23

Lunch at Senior Dining Program—see Red Hat Honey newsletter for details.
Let's eat lunch together and then talk about what's happening (or NOT happening) with our Chapter.

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

Stop in
and check out our
stylish assortment of
handmade purses

and then...
take a look at the
beautiful handcrafted
wood items—
magazine racks and
tables, which can also
be made to order



SERVICES

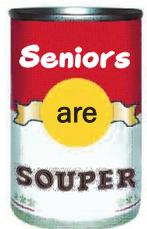
- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income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

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 at the front desk.

SOUP DRIVE 1940 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, especially in the cold winter months.



**WARM THE HEARTS AND SOULS OF THOSE IN NEED...
KEEP THOSE CANS COMING IN AND THANK YOU!**

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. _____



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 FEB NEWSLETTER **19**



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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■

FOND DU LAC SENIOR CENTER 920-322-3630

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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.