

Among Friends



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

JANUARY 2015

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

***Come in from the cold
and explore the 100s of
programs, classes,
services, and activities
waiting for you at the
Fond du Lac
Senior Center!***

Happy New Year!

WELCOME TO THE FOND DU LAC SENIOR CENTER

JANUARY



2015

A Free Monthly Publication
Vol. 6 • No. 1

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Fond du Lac Senior Center

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

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Visit us online at www.fdlSeniorCenter.com Facebook.com/FondDuLacSeniorCenter

Newcomer Tour

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



When the weather outside is frightful . . .

Inclement Weather Policy

Winter is here and that means possible adverse weather conditions.

The Fond du Lac Senior Center's policy regarding inclement weather is this:

When the Fond du Lac School District's public schools are closed, the Senior Center will also be closed.

This means that that ALL programs, classes, and activities at the Center will be cancelled. On days of school delays, the Senior Center will open at 8 a.m. as usual. Be sure to listen to KFIZ-AM 1450 for any announcements. In all cases, use your best judgment when coming to activities at the Center. Remember, our parking lot takes time to clear and always call if you're uncertain about a program. Above all—STAY SAFE!



SNOWBIRDS? MOVING?

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

THANK YOU FOR YOUR COOPERATION.



2015 Dine Out Coupon Book



Pick up your 2015 Dine Out Coupon book now! The coupon books are only \$6 and contain 50 coupons from 42 area restaurants. Available in the This 'n That Craft & Gift Shoppe.

A great way to try out a new restaurant or save at an old favorite!

HAVE YOU LOST SOMETHING?

Our Lost & Found Box is overflowing! If you think you might have left something at the Center, be sure to check to see if we have it. We will be taking the contents to Goodwill on January 23, 2015...so stop by soon to look.



2015 MEMBERSHIP DRIVE

Make a resolution to RENEW YOUR MEMBERSHIP!

We couldn't provide the hundreds of programs, classes, services, clubs and presentations without your help.

A renewal form is included on page 21 of this newsletter. The cost to join is \$10 for an individual and \$15 for a married couple. For those that can give more to support the Center, please consider a Utility Donation or become a Fabulous or Fantastic Friend. Business memberships are also available at a variety of levels.

Not sure if you've already renewed for 2015? Look for your renewal date on the mailing label of this newsletter. If it says 01/01/15, you have not renewed. If it says 01/01/16, you're all set for another year, so how about sharing the membership form on page 21 with one of YOUR friends who is NOT one of OUR Friends...yet? *After all, we can never have enough Friends.*



Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the February *Among Friends* newsletter is Monday, January 5. Please submit information to Joan Brezinsky.

Up-to-Date Information

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

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



MEMBERSHIP NOW HAS ITS PERKS!

Receive a "Friends Perks" coupon booklet when you renew your 2015 Friends membership. It's filled with deals and discounts from area businesses worth well over the price of your membership. It's just a little way for us to say, "Thanks for being a member!"



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5% Senior Discount

3 Great Fond du Lac Locations to Serve You

969 E. Johnson St.
 (next to Festival Foods)

W6606 Hwy 23W
 (across from Menards)

81 W. Pioneer Rd
 (next to Pick 'N Save South)

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*First Three Months

HOLIDAY SPECIAL

Knights of Columbus Hall
 OPEN TO THE PUBLIC

- Friday Fish Fry
- Wedding Receptions
- Banquets & Dinner Meetings

795 Fond du Lac Avenue

Phone (920) 921-1290
 Web www.kchallfdl.com

HELP PROTECT YOUR FAMILY

CALL NOW!
1-888-891-6806

ADT AUTHORIZED DEALER

HOME SECURITY TEAM

HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

UPCOMING TRIPS

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



**Get ready to
pack your bags
& have some fun!**

**MAKE NEW FRIENDS AND HAVE SOME
FUN WITH HAPPY TRAVELERS IN 2015!**

Tour **WASHINGTON D.C.**

with Diamond Tours

April 23—30

(Thursday—Thursday)



**Tour our nation's capital with
Happy Travelers!**



This awe inspiring and educational trip includes visits to the US Capitol, White House, Washington Monument, Lincoln Monument, Martin Luther King Jr. Memorial and several War Memorials. We will also tour Arlington Cemetery, Smithsonian, and more!



\$769* 8 Days—7 Nights
*Double

PREMIER TRIP PREVIEWS

Monday, January 12

1:00 p.m.

Learn more about these exciting Trips:



Classical Italy

March 19-30

Thursday - Monday



New Orleans Holiday

December 1-5

Tuesday - Saturday

THE IMPORTANCE OF BEING EARNEST

Thursday, February 12; 4:30—10 p.m.

Grand Opera House, Oshkosh



Truly doing justice to Oscar Wilde's famous "Trivial Comedy for Serious People" this satire will have you snickering, snorting, and wondering - what's in your handbag? **\$40**

PAINÉ ART CENTER

"Winslow Homer in America Exhibition"

Thursday, February 19

1:30—5:30 p.m.

"Winslow Homer in America" features 85 wood engravings by one of America's most beloved artists. **\$35**



2015 HAPPY TRAVELERS SCHEDULE

JANUARY

**BE SURE TO SIGN UP
ASAP FOR TRIPS SO THEY
ARE NOT CANCELLED**

Lunch or Dinner

Dutch Treat = DT

Included = IN

“Sensational 70’s”

Fireside Theatre
Thursday—January 15 \$95
8:15 a.m.-6:00 p.m. IN

FEBRUARY

Oneida Casino

Dinner—Schwarz’s, St. Anna
Thursday—February 5 \$54
10:00 a.m.-7:00 p.m. IN

“The Importance of Being Earnest”

Grand Opera House

Dinner—Primo’s
Thursday—February 12 \$40
4:30 p.m.—10:00 p.m. DT

Paine Art Center

Dinner—Blanck’s Lake Aire
Thursday—February 19 \$35
1:30—5:30 DT

MARCH

North Star Casino

Dinner—Jim & Linda’s
Thursday—March 5 \$54
8:30 a.m.-6:30 p.m. IN

Gurnee Mills Shopping

Dinner—MJ Stevens
Tuesday—March 10 \$60
9:30 a.m.-6:30 p.m. IN

Italy

Premier Tour

Thursday—Monday
March 19 - 30 \$4199 Double

Fond du Lac Senior Center

151 E. 1st Street

Fond du Lac, WI
54935

920-322-3630

APRIL

Mystery Trip

Thursday—April 9 \$86
7:30 a.m.-5:00 p.m. IN

Chicago

Wednesday
April 15

Washington DC

Diamond Tour
Thursday—Thursday
April 23 - 30 \$769 Double

MAY

“Jersey Boys”

Appleton PAC
Good Company Restaurant
Wednesday—May 6 \$135

Ho Chunk Casino

WIS Dells Craft/Antique Mall/No Meal
Thursday—May 14 \$29

Janesville Rotary Gardens

& K & W Greenery
Lunch—Rosewood, Delavan
Wednesday—May 20

JUNE

Hiking Devil’s Lake/ Wis Dells Boat Ride

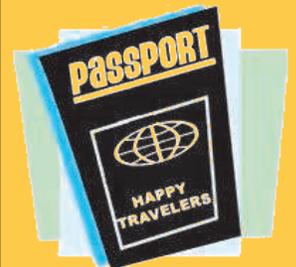
Lunch—Buffalo Phil’s
Wednesday—June 3

“Guys On Ice”

Fireside Theatre
Thursday—June 18 \$95

Arlington Horse Races

Arlington Heights, IL
Thursday—June 25 \$55



JULY

Brewers/Braves Game

Wednesday—July 8

Discover LaCrosse

2 Day Trip
Wednesday—Thursday July 15 & 16

NEW Zoo & Bay Beach

Grandparents/Grandkids Day
Green Bay
Wednesday—July 22

AUGUST

“Those Crazy Ladies In the House on the Corner”

Memories Dinner Show
Tuesday—August 4

North Star Casino

Dinner—Schwarz’s
Wednesday—August 19 \$54

Mt. Rushmore, Badlands & Black Hills of SD

Diamond
Sunday—Saturday
August 23- 29 \$615 Double

SEPTEMBER

Escape to Door County

3 Day Trip
Wednesday—Friday
September 9—11

Pacific Northwest & California

Collette Vacations
Monday—Monday
September 21- 28 \$2699 Double

OCTOBER

“Westside Story”

Fireside Theatre
Wednesday—October 7 \$95

Branson

Diamond
Sunday—Saturday
October 18 - 24 \$615

Keshena Casino

Dinner—Jim & Linda’s
Thursday—October 29 \$54

NOVEMBER

Packer Stadium/ CBS 5 TV Station Tour

Thursday—November 12

Dancing Horses/Birds

Holiday Show—Delavan
Dinner IN

Wednesday—November 18

Oneida Casino & Mystery Restaurant

Tuesday—November 24 \$54

DECEMBER

New Orleans Holiday

Tuesday—Saturday
December 1-5 \$1595 Double

Fond du Lac Senior Center

Christmas Party

Tuesday—December 8
OPEN TO ALL FRIENDS MEMBERS

“A Wonderful Life”

Fireside Theatre
Tuesday—December 15 \$95

**CALL
322-3635**
Mary Schneider
Travel Coordinator

OFFICE HOURS
Monday—Thursday
9 am—3 pm
Closed Fridays

**\$10 DEPOSIT
REQUIRED**
to hold most trips &
FINAL PAYMENT
due *at least 2 months*
prior to trip date

NOMINATIONS FOR THE FRIENDS BOARD OF DIRECTORS

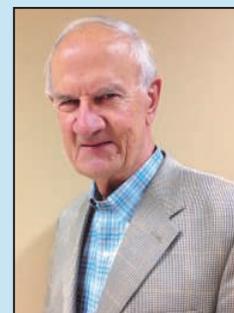
THANK YOU to these Friends members who are willing to step up for a two-year term serving on the Friends Board of Directors. Some of them are very familiar faces and others are rather new to the Senior Center. Please take time to read the brief bio on each one and then pick up a ballot at the front desk between January 12-29 to vote. OR, *better yet*, why not plan to come to the FRIENDS ANNUAL MEETING on Friday, January 30, at 1:00 p.m. It will be held at the Senior Center and will be followed by a Chocolate Chip Cookie Bake Off and also an opportunity to say good-bye to Director Dottie Winkelmann, who will be retiring as of that day. See page 8 for details on how to enter your favorite chocolate chip cookie recipe in the Bake Off and for more details about the meeting and election. To date, there are 7 nominations for the **5 openings** on the Board. **YOUR VOTE MATTERS!**



VIVIAN GORDEN Vivian has been a member of the Senior Center since 1999. She has been involved in the Senior Outreach Program, Chime Choir, Raffle Committee, Dine Out books, newsletter mailing, SCAC (Secretary), Red Hat Chorus, former Red Hat Queen, and works in the Craft Shoppe. She also plays bells in local churches, volunteers at the Lutheran Home gift shop, Galloway House, Lutheran Home Auxiliary, is the secretary of her apartment complex and is the leader of TOPS chapter 1159. In her spare time, Vivian enjoys gardening, singing, needle work, doing things with her family, traveling, and visiting older people.



ROBERT KATZFEY Bob has been a member of the Senior Center since 2005 and runs the Pool League. He is a retired factory worker—machinist. For the past 4 years he's helped with the summer brat fry fundraisers at Piggly Wiggly. He is a past Grand Knight for the Knights of Columbus and has helped them with fundraising. Bob enjoys golfing, shooting pool and playing Sheepshead. He and his wife, Elaine, who is a Red Hatter, will be married 55 years in April.



MAURY SHULTZ Maury is the retired Administrative Manager at the A.C. Nielson Company. With a BA in Business and much experience with personnel, safety concerns, and fundraising, he feels that he would be an asset to the Friends Board. Maury was a past president of the Fond du Lac Area United Way, Fond du Lac Area Safety Council, and Fond du Lac Personnel Association. He says when he's not playing pool with the Senior Center Pool League, he'd be willing to assist with soliciting donations and help in other ways with Friends Board duties.

NOMINATIONS FOR THE FRIENDS BOARD OF DIRECTORS



WALLY SEIBEL Wally was born and raised in Fond du Lac County and has farmed here his entire life. He has been a member of the Senior Center since 2010 and enjoys playing pool at the Center. He is also a past chair of the Fond du Lac County Conservation Congress, on the board of the Dotyville Gun Club and also the National Wild Turkey Federation. He sits on the Lake Winnebago Sturgeon Advisory Committee. In addition to shooting pool, Wally enjoys playing a variety of card games. If elected to the board he comments he would enjoy serving and do his best to represent area seniors.



PHYLLIS SMESTAD Phyllis is new to the Senior Center. Previously, she served on the Board of Directors at Moraine Park Technical College and was the Director of Human Resources for several companies. One of her claims to fame was doing all of the hiring of employees when Prange's opened at Forest Mall in 1966. She also set up the HR department for a law firm in Milwaukee and other businesses. Phyllis served on the Ripon Chamber of Commerce years ago and enjoys skiing and golfing. She would like to share her personnel expertise to help with the operation of the Center and with Friends employees.



JUDI WALTERS Judy is a retired LPN and has been a member of the Senior Center since 2004. During that time she has been a member of the newsletter crew, Red Hatters, Supper Club, Craft Shoppe intake, Senior Dining Program, Community Cares Outreach Program visiting nursing home residents and was a SCAC member and a front desk Receptionist. Aside from the work she does at the Senior Center, she is a member of the WLA Auxiliary, Ladies of the Church, and volunteers at the Lutheran Home and Harbor Haven. Judy enjoys TV, swimming, bike riding and watching sports.



MARY WEBER Mary has been a volunteer Receptionist at the Senior Center for almost two years. Although Mary isn't involved in recreational or special programs at the Center (yet), as a front desk Receptionist, she is very aware of all of the activities and happenings. Mary is always willing to help with special projects and has great enthusiasm for the Center. She says she'd be happy to serve on the Friends Board and help even more. In her spare time, Mary enjoys camping, motorcycling, and spending time with her grandchildren.

FRIENDS ANNUAL MEETING & RETIREMENT PARTY

Friends Annual Meeting & Board Election

Friday, January 30, at 1 p.m.

The Friends Annual Meeting will be held at the Senior Center on Friday, January 30, from 1–2 p.m. Voting to fill 5 board vacancies will take place at this meeting (or at the front desk from January 12-29 if you cannot attend the meeting). Friends members are encouraged to attend to find out what's happening with the Friends organization. There will be brief reports given by each staff member. Please register by Wednesday, January 21, if you plan to attend.

Chocolate Chip Cookie Bake Off and Retirement Party

for Dottie Winkelmann

2–3 p.m. (after the Friends Annual Meeting)

Come sample chocolate chip cookies and see if you agree with the judges on which one is the winner. We'll also be wishing Dottie "Best Wishes" as she ends her 17 year career at the Senior Center. Dottie's last day will be Friday, January 30, 2015.



We need your cookie entries!

Fill out this form and return it to the Senior Center *along with a copy of your recipe* by **Wednesday, January 21**, if you plan to participate in the contest.

Your Name: _____

Phone Number: _____

Cookie Name: _____



Drop off 2 dozen chocolate chip cookies at the Senior Center before **10:00 a.m. on Friday, January 30**, to be eligible for judging.

1st Place: \$50 2nd Place: \$25 3rd Place: \$15

MOVIE OF THE MONTH



“Noah”

**Two showings: Thursday, January 8
Wednesday, January 28**

11:45 a.m. Lunch (optional)

January 8 Menu: Pot roast, baby red potatoes, carrots, birthday cake, apricot halves, dinner roll

January 28 Menu: Baked chicken, twice baked style potato, German coleslaw, butterscotch pudding, honeydew melon, sliced bread

12:30 p.m. Movie: “Noah”

2014 movie; Action/Adventure/Drama; 2 hr 18mins; PG-13. Starring: Russell Crowe, Jennifer Connelly, Anthony Hopkins

A man is chosen by his world’s creator to undertake a momentous mission before an apocalyptic flood cleanses the world.

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

Special thanks to Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

9

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on the Ledge

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Fond du Lac, WI 54937
921-4381 or 921-0580

RECREATION

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

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

ART CLASSES

Tuesday AM & PM See page 11

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): Rienzi Cemetery

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): TBA

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Shepherd Law Office

4th Tuesday (even months): TBA

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

Jan. 19 *Orphan Train* by Christina Baker-Kline

Feb. 16 *The Invention of Wings*

by Sue Monk Kidd

Book synopses available at front desk.

New members welcome.

BRIDGE

\$1 donation

Tuesdays: 12:45 p.m.

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

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:45 p.m. Advanced

CANASTA

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

CHORUS

Red Hat Honeys & Singing Classes

COIN CLUB

2nd Tuesday at 6:30 p.m.

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Gerry Krebsbach 921-9509 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

LINETTES (EZ Line Dancing)

Call for info 322-3630

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL Open Pool daily

Leagues

8-Ball Tuesdays 8:30 a.m.—12:30 p.m.

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

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

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

ROMEOS

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

You don't have to be retired (or old) to

join in on the camaraderie and fun!

Thursday, January 8

Sunset on the Water

Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Friday, January 16

K.C. Hall

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

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High

School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

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

New members welcome!

ART & RECREATION

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tues	10–noon	4	\$16
January 6, 13, 20, 27; February 3, 10, 24, March 3				
Drawing & Watercolor	Tues	1-3 p.m.	4	\$16
January 6, 13, 20, 27; February 3, 10, 24, March 3				
Mixed Media	Tues	3-4:30 p.m.	4	\$16
January 6, 13, 20, 27; February 3, 10, 24, March 3				
Open Sewing Lab	Wed	3:30–6:30 pm	5	\$15
Watch newsletter for next session coming spring of 2015				
Country Line Dancing	Thurs	6–7:30 pm	4	\$10
January 8, 15, 22, 29; February 5, 12, 19, 26				
Beg. Country Line Dancing	Sat	10-11:30 am	3	\$7.50
January 3, 10, 17; February 7, 14, 21				
Singing	Tues	10-11 a.m.	6	\$25
February 3, 10, 17, 24, March 3, 10				

CARD MAKING CLASS

with Jana Secord

2nd Tuesday of each month

Next class: **Tuesday, January 13**

3 sessions to choose from:

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

Theme: We'll be making cards from the new Occasions catalog and its SALEABRATION time again!



Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 before January 12. Early reservations are appreciated.

SCRAPBOOK CROPS

Saturday, February 28;
9 a.m.—9 p.m.



Kim Wagner will be holding an all day scrapbook crop at the Senior Center on Saturday, February 28 from 9 a.m.—9 p.m. All skill levels are welcome.

For more details on the crop or to register, call Kim at 517-1108.

Mark your calendars
for these upcoming crops:

- Saturday, July 18; 9 a.m.– 9 p.m.
- Saturday, October 31; 9 a.m.—9 p.m.

STITCHERY GROUP

Do you enjoy knitting, crocheting or other needlework? Would you be interested in joining a stitchery group? We're exploring if there is interest in creating a Stitchery Group here at the Senior Center. If you'd like to be part of a group like this, please call the Center at 322-3630.



ARTIST OF THE MONTH

January: Maureen Singleton

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



Come Join the Fun!

**HAND AND FOOT
CARD GROUP**

The Hand and Food card group is looking for new members. Watch for more details and photos in the February newsletter!

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies—any age. Annual membership dues are \$5, plus your Friends membership. It is open to all ladies 50 and older.

Pick up the Red Hat Honeys monthly newsletter at the front desk. Red Hatter Cathy Stratz does an awesome job keeping the Honeys informed of chapter members, upcoming activities, and just fun stuff. She also keeps track of the membership.

Check out the January newsletter for information about the new Queen Bee.

Red Hatters—please consider being a Hostess and planning a chapter activity. At the time this went to the printer, there were no activities scheduled for the new year.



12

THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.
Or by appointment evenings & weekends!

CLOSED FOR INVENTORY

thru Jan. 16

SIGN UP NOW!

The Craft Shoppe will be **CLOSED** for inventory **MONDAY, DECEMBER 29, through FRIDAY, JANUARY 16.**

Consignors: Please make arrangements to pick up any seasonal merchandise or merchandise that has been in the Shoppe for longer than 6 months by January 7. Please call Pat at 322-3638 and leave your name & phone number.

New items or re-entries may be brought in to merchandise intake starting Tuesday, January 13, from 9 a.m.—1 p.m. Thank you for your cooperation.

We look forward to seeing you when we **RE-OPEN** on **MONDAY, JANUARY 19!**

Come in We're **OPEN**
JANUARY 19

FOR RENT – ELDERLY HOUSING

One Bedroom Units • Rent based on Income
No Asset Limitations

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM

NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac
CALL RHONDA AT (920) 929-9270

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-Certain Income Guidelines Apply-

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- Companionship

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- Villa Loretto: Medicare & Medicaid Certified

A Comprehensive approach to your rehabilitation needs. Services include: Physical Therapy, Occupational Therapy, Speech Language Pathology Services. Our services are available full time without age limitations and are not restricted to our residents.

Villa Loretto Nursing Home
N8114 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3211 • Fax (920) 753-3100
Administrator: Sandra Randall

Villa Rosa Assisted Living
N8120 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3015 • Fax (920) 753-2580
Manager: Lynn Schmittz, LPN

SENIOR WELLNESS MORNING



Join us for the

“The Not-So-Newlywed Game”

Celebrating Valentine’s Day!

FRIDAY, FEBRUARY 13



9—10 a.m.

Health Screenings

- Blood Pressure by Lake View Place
- Blood Sugar (fast required) by Lutheran Homes & Health Services
- Hearing by Avada Audiology & Hearing Care



Health Info Booths

Visit with representatives from the following:

- Generations Home and Hospice
- All About Life
- Rehab Arisces
- Senior Services
- Country Doctor
- Rescare
- ADRC
- Above and Beyond Care Solutions
- Comfort Keepers
- Sterling House
- Harbor Haven

Door Prizes, Handouts, Refreshments, Lots of Fun!

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

10—11 a.m. GAME SHOW:

“The Not-So-Newlywed Game”

We had so much fun at last year’s game, we decided to do it again! We are recruiting four couples to play the game everyone remembers. If you would like to be a contestant couple, give Jean a call at 322-3636. Join our host Bryan Johnson as we find out how well these couples really know each other. This wellness activity will be a lot of laughs and you don’t want to miss out. You must pre-register by calling 322-3630.



HEALTH & WELLNESS



Fulfill Your New Year's Keep Fit Resolution With Our Exercise Classes

LOW IMPACT CHAIR EXERCISE

With Jaime Roth

Mondays 9:00 – 9:30 a.m.

Sponsored by

All About Life Rehabilitation Center

These exercises are similar to those in the *Stepping On* classes and will reduce your risk of falling.

CHAIR EXERCISE VIDEO

Wednesdays 9:45 – 10:15 a.m.

Sponsored by **Lutheran Homes and Health Services**

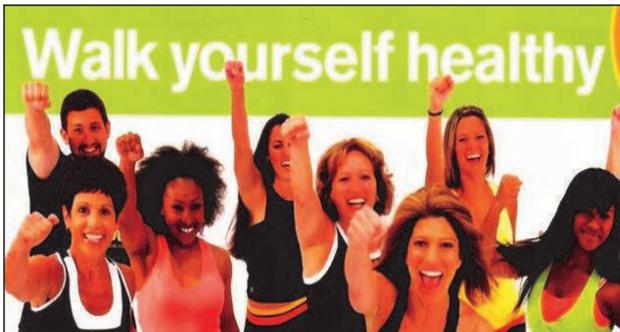


TAI CHI

The next eight week session will begin on **January 6** and end on February 24. Classes meet **Tuesday mornings from 9—10 a.m.** The cost is \$45 for eight weeks. Participants should wear

loose comfortable clothing and tennis shoes.

Friends membership is required. For more information, please call 322-3630.



Are you interested in starting a winter walking program? If yes, ask for Jean or Pat so that we can get you started with our Walk Live videos. Available times are Mondays or Thursdays at 3:45 p.m. This is a great way to keep fit during inclement weather.

OTHER EXERCISE

Hikers Tuesday & Thursday, 10 a.m.

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

Beginning Line Dance.....Saturdays; 10—11:30 a.m.

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

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

Zumba Gold.....Moved to another location. Call Kirsten at 920-606-9078 for information.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: ManorCare

Friday, January; 9—10 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, January 9; 9—10 a.m. *2nd Friday of the month*

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

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, May 12; from 8:30—11 a.m.

2nd Tuesday in May & November

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

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, January 8, 22, 29

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 13; from 8:30—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

Tuesday, January 27; 10 a.m.—4 p.m.

Usually 4th Tuesday of the month

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

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, May 12; from 8:30 — 11 a.m.

2nd Tuesday in May & November

Cost: \$45; Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, January 22; 6:30—8:00 p.m. *(4th Thursday)*

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

DIABETIC SUPPORT GROUPS

Tuesday, January 20; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 American Drive ~ American Room

Tuesday, February 10; 6:00—7:00 p.m.

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

GLUTEN FREE SUPPORT GROUP

Friday, February 20; 10—11 a.m.

Festival Foods, Conference Room, 1125 E. Johnson Street

PARKINSON'S SUPPORT GROUP

Monday, January 12; 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

Tuesday, January 13; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

LOOK GOOD... FEEL BETTER

Wednesday,
January 14, 2015

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

Congratulations to Shair Zabel, our cosmetologist, as winner of the American Cancer Society's **Sunshine Award for Outstanding Service**. This award is given to one cosmetologist in the state of Wisconsin who, as a volunteer with the Look Good . . . Feel Better Program, displays exceptional dedication



Volunteer Needed to Call Homebound Seniors Monday — Friday

In order to expand our Telephone Reassurance Program we are looking for another volunteer to make calls from their home weekdays—Monday through Friday. The call is usually brief but sometimes the caller will take time to chat. For more information call 322-3630 or come in for a volunteer application.

Are You Prepared for An Emergency?

Thursday, January 8; 10:00 a.m.

Kay Lock, Emergency Preparedness Coordinator for the Fond du Lac County Health Department, will be speaking on how to be prepared for all hazards and emergencies. Topics to include File of Life, preparing for winter weather at home and on the road, chemical spills, and pandemics. Please register for this program by calling 322-3630.



Health Screenings

Friday, January 9; 9-10 am

Blood Sugar Screening, (a 12 hour fast is required) sponsored by **Lutheran Homes & Health Services**

Blood Pressure Screening sponsored by **ManorCare Health Services**

Heart Tree Ornaments

Now until January 28

Honor a loved one, either living or deceased, with a Heart Tree ornament for only \$3 each. Order form is on page 19. Purchase ornaments at the front desk. This is a fundraiser for the Senior Outreach Program. The **Heart Tree Dedication** will be held on **Thursday, February 5, 2015 at 10 a.m.** Please call 322-3630 to register.



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives

Community Cares

Volunteers will visit Kindred Hearts, 566 Sherwood Drive, Tuesday, January 27, from 2 to 3 p.m. Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in the life of a lonely senior. A small gift from the Senior Center is given to each resident we visit.



Senior Outreach Program

Outreach Volunteers will meet on **Thursday, January 8**, at 9 a.m. to submit reports, share concerns and encourage each other. At 10 a.m. we will be joined by the Fond du Lac County Director of **Emergency Preparedness**. Kay Lock will share with us the information needed to be prepared in the event of emergencies from winter storms to pandemics.

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

SENIOR CENTER SERVICES

- Free computer/Internet access in the lab & lobby for members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season—**call for appointment starting January 26**
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.

WE
ARE
HERE
— TO —
HELP

Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities. Intake will resume January 13, 2015.

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60. • FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.



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Integrity (in tegrate) n. the quality of being of sound moral principle; honesty, sincerity.

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- *DISABILITY BENEFIT SPECIALIST
- *LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

- *OPTIONS COUNSELING AND LONG TERM CARE
- *INFORMATION ABOUT ELDER ABUSE/NEGLECT

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50 N PORTLAND STREET
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WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE

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

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

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



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 1

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

103-483-30802	M, F	Jan 12, 16, 19, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER BASICS 2

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

103-485-30822	M, F	Jan 23, 26, 30, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3

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

103-490-30827	M, F	Feb 2, 6, 9, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

COMPUTER BASICS 4

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

103-491-30922	M, F	Feb 16, 20, 23, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3.

COMPUTER FILES AND FOLDERS

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

106-630-30801	M	Jan 5, 2015	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.40	\$25.70
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Discover the difference between a file and a folder on your computer. Explore the different kinds of computer files and what they do on your computer. Practice using folders for organizing and storing files.

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

BEGINNING DIGITAL CAMERAS

203-641-30823	M	Jan 26, 2015	1 day	1:00 —5:00 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
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Examine the features of digital cameras and learn the technology and jargon associated with them. Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by email and over the Internet.

INTERMEDIATE DIGITAL CAMERAS

203-641-30826	F	Jan 30, 2015	1 day	1:00 —5:00 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
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Discover tools to improve both your digital pictures and your digital photography skills.

USING CRAIGSLIST

103-603-30879	F	Feb 6, 2015	1 day	1 p.m.—5 p.m.	4 hours	A. Mielke	\$20.40	\$25.70
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In this class, you will learn about selling and buying personal items on Craigslist for first time users. Students must have e-mail access. Bring a jump drive, digital camera and an item to sell.

GOOGLE ON

103-677-30880	M	Feb 9, 2015	1 day	12:30 p.m.—2:30 p.m.	2 hours	A. Mielke	\$12.45	\$15.10
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It's not just a search engine anymore. This class takes the student into all facets of Google (maps, earth, docs and more). You will be oohing and aahing as you discover the new things that Google does.

18



All About Life Rehabilitation Center
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WITH EMPHASIS ON
RETURN TO HOME

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GET INVOLVED

SENIOR DINING

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

- Jan. 6 Schreiner's
- Jan. 13 Sebastian's
- Jan. 20 Gino's
- Jan. 27 Coliseum



A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!
For information, please call Max at 920-269-4180.

JEFF KEMP INVESTMENT WORKSHOP

Mondays: 3:00 – 4:30 p.m.
March 2–April 6

Are you interested in making wiser and more informed decisions with investments?



The Fond du Lac community has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator and recipient of the 2013 Governor's Award for Financial Literacy, will conduct an Investment Workshop at the Senior Center. Jeff has been coming to the Fond du Lac Senior Center to teach this workshop for 14 years, adapting it to current financial times. Jeff teaches personal finance classes at 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

Jeff will also be holding this same Investment Workshop at Moraine Park Technical College on Thursday evenings at 6 p.m. starting January 8 and continuing through February 19. The class will be held in Room O-103 / O-104. MPTC classes are free and no registration required.

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 via 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**

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

HEART TREE DEDICATION Thursday, February 5; 10 a.m.

Help us pay tribute to loved ones
Join us for the dedication of our Heart Tree on Thursday, February 5; at 10 a.m. Register for the dedication by calling 322-3630.



The Heart Tree is a fundraiser for the Senior Outreach Program providing companionship to older adults in our community.

If you'd like to honor a loved one, living or deceased, with a Heart Tree ornament, there's still time. Purchase an ornament for only \$3 by using the order form below, or at the front desk at the Senior Center.



HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

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

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

DONATED BY:

Name _____

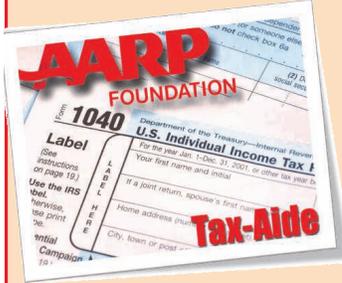
Street _____

City _____ Phone _____

CENTER HAPPENINGS

FREE TAX ASSISTANCE

Call beginning January 26
to schedule an appointment



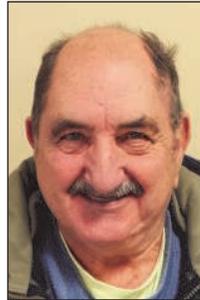
The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, and Thursdays from 8:30 a.m. until 4:30 p.m.

Appointments will be available from Monday, February 2 through Wednesday, April 15. **We will start scheduling appointments on Monday, January 26.** To make an appointment, please 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.

Year of the Volunteer!

Meet Dona McEssey, our new Coordinator of Volunteers. Dona will be *volunteering* her time to help recruit volunteers, determine the Center's volunteer needs, meet with volunteers and assess their skills and interests, and develop a volunteer database. *Thank you, Dona!*



Special thanks to Chuck Jaroch for volunteering to staple our Dine Out Coupon Books and also the Friends Perks coupon booklets. He stapled 600 Dine Out Coupon Books and 500 Friends Perks coupon booklets...so far. Thank goodness for our new electric stapler!

GROUP DISCUSSION WITH ANDREA

Wednesday, January 7
10-11 a.m.

Andrea Mitchell, Senior Center counselor, will hold a group discussion on the topic:

***“Effective Communication:
How to talk to people you care about”***

For information or to register for this group discussion, call 322-3630. Andrea is also available for individual counseling. Call 920-225-1709 for an appointment.

Special thanks to Lutheran Social Services for this partnership!



Join us for
George Casper's
100th Birthday Open House
Tuesday, February 24
1–2 p.m.
Fond du Lac Senior Center



The pool players at the Senior Center invite you to join them in wishing George a Happy 100th Birthday! There will be more information about this in the February newsletter. *Our best wishes to George!*

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TELEPHONE REASSURANCE VOLUNTEERS NEEDED

Sometimes a simple phone call can mean the world to a senior. We are looking for volunteers to call a homebound senior Monday-Friday to check in and say “Hello.” The call is usually brief but sometimes the volunteer may take the time to chat about the weather, and upcoming holiday, etc. Call Jean for more information at 322-3636.



2015 FRIENDS MEMBERSHIP APPLICATION

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

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

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

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

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

CHOICE OF SUPPORT:

\$10.00 Single **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center. Value: \$50+ Coupons are good January 1—December 31, 2015 and vary in value. This is a **FREE PERK** for ALL Friends members!

\$_____ UTILITY DONATION for the City of Fond du Lac For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 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 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

\$100.00 FABULOUS FRIENDS membership support — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

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

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

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

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

NEW 2015 Member Renewal Receptionist Initials _____

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

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

Received *Friends Perks Coupon Book*

2015 FRIENDS VOLUNTEER OPPORTUNITIES

The Fond du Lac Senior Center provides the programs and services it does because of the help of all our wonderful volunteers! We'd love to have you join us. Please indicate what areas you would be willing to assist us in and we'll contact you if we have an opening in that area.

- Receptionist—answer phones, handle money, take registrations, etc.
- Data Entry—enter attendance, membership information, etc.
- General Office Support—help with photocopies, stapling, folding, etc.
- Newsletter Crew—prepare monthly newsletter for mailing by taping sides and affixing labels
- Special Events—help set up, decorate, hand out information, etc.
- Marketing—solicit area businesses for donations for annual raffle, Dine Out Coupon Book, etc.
- Program Assistants—provide assistance to make sure programs and activities run smoothly
- Bingo — set up Bingo supplies, P.A. system, call Bingo, serve refreshments, clean up
- Brat Sale—grill brats and hamburgers
- Brat Sale—customer service, sell brats and hamburgers, handle money, serve food
- Bake Sale—make baked goods, sell baked items, handle money
- Craft Shoppe—customer service, assist with purchases, handle money
- Volunteer Coordinator—recruit, train, assign volunteers to events/programs
- Refreshment Assistants—help prepare and serve refreshments for programs and events
- Outreach Volunteers—visit seniors in their homes, nursing homes, or assisted living facilities
- Other Miscellaneous Help — odd jobs such as gluing, ironing, counting, organizing, etc.
- I have a special interest or hobby I'd like to share with others (please list below)

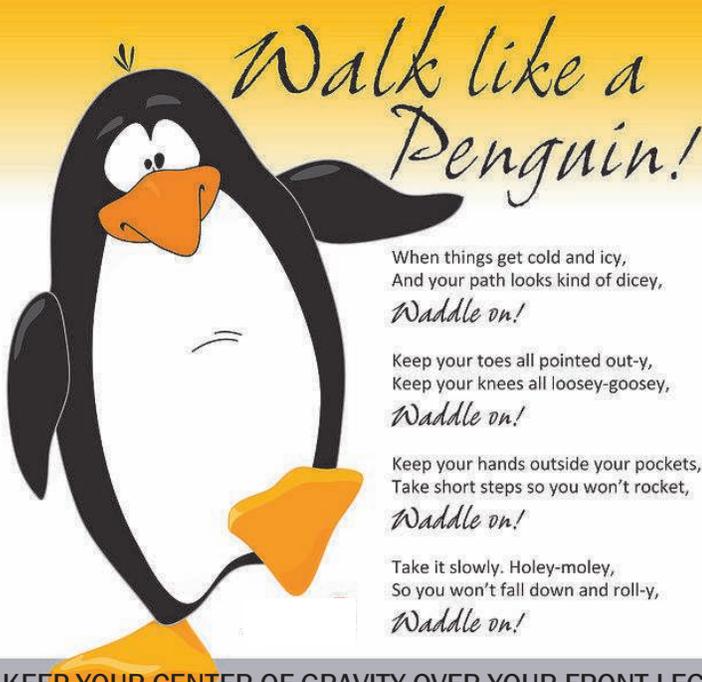
Please tell us a little about yourself—work experience, hobbies, areas of expertise, etc.:

FOR OFFICE USE ONLY

VOLUNTEER INTEREST INFORMATION ENTERED DATE _____
Receptionist Initials _____

ANNOUNCEMENTS

How to Safely Walk on Ice:



KEEP YOUR CENTER OF GRAVITY OVER YOUR FRONT LEG.

TRIAD MEETING

Thursday, January 22

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Refreshments are served and a door prize is awarded. Check out the new TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.



Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life.



Visit go4life.nia.nih.gov for a variety of exercises and tips, staying motive, and being safe while exercising, setting goals, and healthy eating.

NEED CHOCOLATE? WE HAVE IT!



Next time you're craving something sweet, buy a candy bar at the front desk. Still a great deal at only 75¢

In case of a **MEDICAL EMERGENCY** are you prepared?

Pick up a free File of Life at the Senior Center and keep all your important health information in one handy location.



STRUGGLING TO PAY ENERGY BILLS? THERE'S HELP.

Wisconsin Home Energy Assistance Program may be able to help you with your energy bills. Wisconsin's Weatherization Assistance Program helps residents reduce energy costs and increase the comfort of your home by making energy-efficient improvements.



You shouldn't have to choose between paying your energy bills and other basic necessities.

Call 866-432-8947 (toll free) or stop by the Senior Center for more information.

Lutheran Homes & Health Services

is proud to present



Where: Tarfa Terrace Dining Room
54 W. Arndt Street—1st Floor

When: 3rd Friday of every month—January 16

Time: 2:00-3:00 p.m.

Please bring a quarter per card. Pay one-time only.
Community welcome!

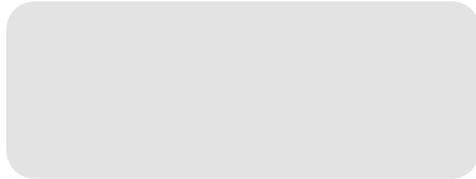


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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PERMIT NO. 129

ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

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

TRAVEL COORDINATOR

Mary Schneider 322-3635

WELLNESS COORDINATOR

Jean Holzman 322-3636

CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3639

PROGRAM COORDINATOR

Cathy Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

CENTER CARETAKER

Bob Rose 322-3630

COUNSELOR

Andrea Mitchell 920-225-1709

FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Susanne Dennis
Jerry Gordon
Mary Kind
Vickie Michels
Charlotte Nelson
Irv Pea
Ruth Smith

SENIOR CITIZEN ADVISORY COMMITTEE

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

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



MISSION

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

VISION

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