



Among Friends

JANUARY 2012



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

THOUGHTS OF A BACK PORCH POET

Join musician and
"Back Porch Poet"

Len Mallas

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

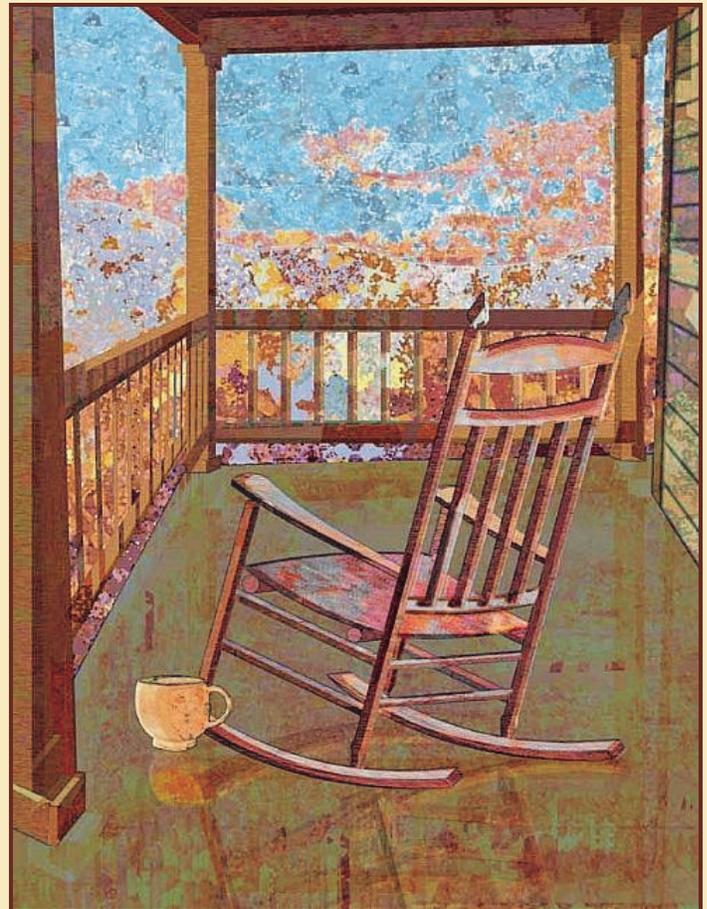
Friday

January 27

11 a.m. Social; Noon Lunch

**American
Legion Hall**

500 Fond du Lac Avenue



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

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

Registration is required for this event—see page 8 for registration form & other details.

Open to the Public ~ All are Welcome!

WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication
Vol. 3 • No. 1

What's Inside

Join or Renew	2
Dine Out Coupon Book	3
Upcoming Programs	4-5
Happy Travelers Trips	6-7
Annual Meeting	8
45th Anniversary	9
Sponsors	10-12
Monthly Movie	12
Recreation	13
Health & Wellness	14-15
Senior Outreach	15
Red Hats Honeys / Craft Shoppe / Services	16
Community / Classes	17
MPTC Computer Classes	18
2012 Friends Membership Form ...	19



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone.....(920)322-3630

Email.....dwinkelmann@fdl.wi.gov

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

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

2

*It's a brand new year...a year that promises to be filled with
great opportunities at the Fond du Lac Senior Center.
Let's make a resolution to make this year the best yet!*

*How can **YOU** help? What can **YOU** do?
Well, if you haven't already...it's time to*

RENEW!



**Here's to a bright
and shiny New Year
And a fond farewell to the old.
Here's to the things
that are yet to come
And to warm memories we hold.**

**Here's a toast to our Friends,
Both far and near.
May you always remain
faithful and dear.**

A renewal form is included on page 19 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 2012? Look for your renewal date on the mailing label of this newsletter. **If it says 01/01/12, you have not renewed.** If it says 01/01/13, you're all set for another year, so how about sharing the enclosed membership form with one of YOUR friends who is NOT one of OUR Friends...yet? *After all, we can never have enough Friends.*

If you have picked up this newsletter from one of our drop-off places around town, we invite you to become a Friend of the Fond du Lac Senior Center (see page 19) and then the newsletter will be mailed to you each month.

**VISIT OUR
WEBSITE**



contact us | learn more | get answers

**Check out the Senior Center web pages
on the City of Fond du Lac website...**

Visit us online at:

www.fdl seniorcenter.com

GREAT SAVINGS!



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

COST: \$5.00

includes 44 Coupons
with SPECTACULAR SAVINGS
at 37 Area Restaurants

Discounts are good from January – December 2012

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

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

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

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

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

Newsletter Staff

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

Newsletter Deadline

The deadline for submission of
Information for the February
newsletter is Friday, January 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.



The One You Depend On

WWW.KFIZ.COM

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

Leave a Legacy

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

UPCOMING PROGRAMS

BAGELS WITH A BROKER

Monday—January 9, 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. (Due to the holidays, January's date is on the second Monday)**. Chat includes market update and Q&A of market, economy, investments, and strategies. Bagels by "The Bagelmeister." Free to attend.

FREE TAX ASSISTANCE

**Call beginning January 9
to schedule an appointment**

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

The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers can also help all low-to-moderate income age groups.

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

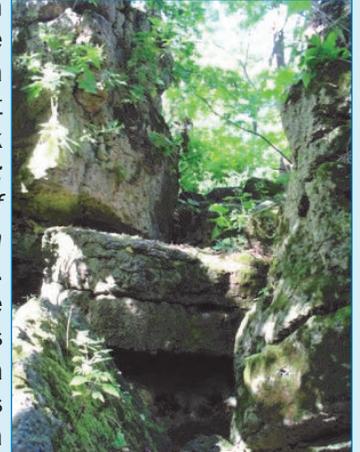


SECRETS OF THE LEDGE

Thursday, January 26, at 1 p.m.

Dwight Weiser, Author of *Secrets of the Ledge*

The Green Thumb Garden Club has partnered with the Senior Center for a presentation by Dwight Weiser, author of the book *Secrets of the Ledge: Pictorial Report of Archaeological Findings on the Niagara Escarpment*. The book's title refers to the many treasures and secrets held by the Niagara Escarpment (also known as "The Ledge"). Mr. Weiser, a retired university professor, psychotherapist and "archeologist," will give an illustrated presentation—with photos and maps—on the archeology and history of the Niagara Escarpment. In addition to its beauty and ecological importance, our "Ledge" was a spiritual destination for ancient cultures who left behind remarkable evidence of what they did here and why.



This program is FREE and open to the public. Refreshments will be served. For planning purposes, please call the Senior Center at 322-3630 to register by Friday, January 20.

The Green Thumb Garden Club will hold their monthly meeting following the program. Interested gardeners are invited to stay for the meeting and learn what the garden club is all about.

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 of Fond du Lac, 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 will include a vocal guide book and music and accompaniment CD. The cost is \$20 for the entire 6-week session. Register at the front desk. Payment is expected at time of registration.

NO PRIOR SINGING EXPERIENCE NEEDED...OPEN TO ALL LEVELS, BEGINNER TO ADVANCED

Sing yourself happy and fit!

Researchers say there is increasing evidence to suggest that singing is good for your health. In fact, some experts say you may soon get a prescription for singing from your doctor—a trend in whole-health medicine that has also included art therapy and exercise therapy. Studies suggest that singing is beneficial for physical health as well as for mental health. The health benefits of singing are well documented. Give it a try and see what it can do for you! Whether or not you become a world-class singer is not important. Sharing the joy of singing will enrich your



UPCOMING PROGRAMS



TOPS New members welcome!

Have you made a New Year's Resolution to lose weight this year? If so, why not join a TOPS Club and Take Off Pounds Sensibly? Two chapters of the club meet at the Senior Center weekly:

TAKE OFF POUNDS SENSIBLY

Chapter #0566 ~ Thursdays at 6 p.m.

6 p.m. Weigh-In / 6:30 p.m. Meeting

Chapter #1159 ~ Mondays at 5 p.m.

5 p.m. Weigh-In / 5:30 p.m. Meeting

If you have questions about either group, please call the Senior Center.

TOPS Club, Inc. is the original, nonprofit, weight-loss support and wellness education organization. TOPS stands for Take Pounds Off Sensibly and has been a highly successful tool for those who are seeking to lose weight and live a healthier lifestyle. The program offers weight loss support, accountability and recognition. Established in 1948 to champion weight-loss support and success, TOPS has helped millions of people live healthier lives. Join today!

We're celebrating **45 YEARS!**

MARK your calendar to help us celebrate the 45th anniversary of the Fond du Lac Senior Center with something special on February 1, 2012. See page 9 for details...



WANTED: CANASTA PLAYERS



The newly formed Canasta group is looking for more players! The group will be meeting on the **1st and 3rd Wednesday of the month at 1 p.m.** Call the Senior Center for more information.

JEFF KEMP'S INVESTMENT WORKSHOP

Mondays – March 5 through April 16, from 3:00 – 4:30 p.m.

Are you interested in making more informed decisions with your investments? Each spring, the community of Fond du Lac 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.



Jeff will also be holding this same investment workshop at Moraine Park Technical College on Tuesday evenings at 6 p.m. beginning January 10 and running through February 21. No registration required.

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.

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

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

MILLION DOLLAR QUARTET

Sunday—February 12

Fox Cities PAC—Appleton

Cost: \$115



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

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

All-you-can-eat dinner buffet at the Golden Corral is included.

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

FASCHING DINNER SHOW

Sunday—February 19

Laack's Hall—Sheboygan Falls, WI

Cost: \$65

Dorf Kapelle

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

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

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

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

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.

Leave FDL: 10:15 a.m. Home: 5:30 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."

All-you-can-eat dinner buffet at the Golden Corral is included.

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

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

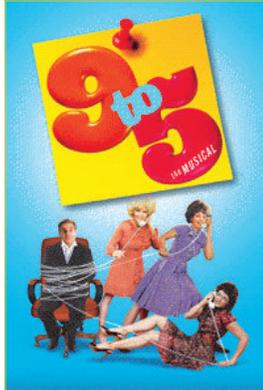
HAPPY TRAVELERS

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.



2012 ONEIDA TRIPS WITH MEAL:

The cost is \$54 (unless otherwise noted) and includes \$25 for gambling, a fantastic meal, and 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 24 Dinner: Red Cabin at Green Acres

THURSDAY, AUGUST 30 Dinner: Schwarz's in St. Anna

THURSDAY, SEPTEMBER 27 Dinner: Sunset Supper Club

THURSDAY, OCTOBER 25 Dinner: Jim & Linda's

NEW IN 2012! CASINO TRIPS with NO MEAL STOP:

The cost is \$20 and includes: \$25 for gambling, bus transportation, and camaraderie!

Leave: 10:00 a.m.; Home: 4:30 p.m.

TUESDAY, JANUARY 10

TUESDAY, NOVEMBER 27

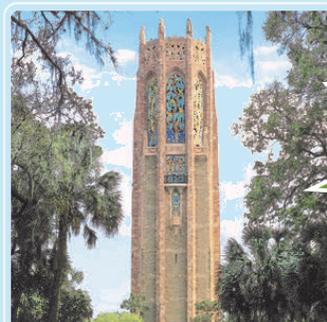
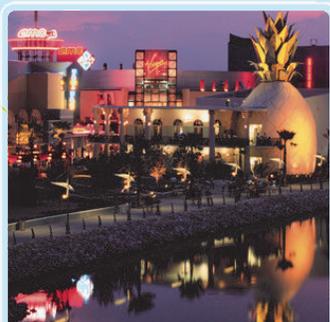
ORLANDO, FLORIDA with Diamond Tours

April 14—22 (Saturday—Sunday)

Cost: \$689 per person, double occupancy

Includes:

- 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-created in Orlando!
- 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
- And much more! **STOP IN FOR A COMPLETE ITINERARY!**



**9 DAYS
8 NIGHTS**

FRIENDS ANNUAL MEETING

Friday January 27

**11:00 a.m. Social Hour
Noon – Luncheon**

American Legion

500 Fond du Lac Avenue

MENU: Soup and Sandwich Lunch

Your choice of sandwich:

Sloppy Joe OR *Hot Shredded Turkey*

Your choice of soup: *Stuffed Potato* OR *Chili*

Dessert & Coffee; cash bar available

Cost: \$5 per person



Join us for a full afternoon
of fun that includes:

- Social Hour—cash bar available
- Soup & Sandwich Lunch
- Friends Board Election & Brief Meeting
- Entertainment: Len Mallas “The Back Porch Poet”
- Door Prizes

THIS IS YOUR RESERVATION FORM FOR LUNCH AT THE AMERICAN LEGION ON JANUARY 27TH.

Return this reservation form to the Fond du Lac Senior Center by January 20, 2012. Please make checks payable to: FRIENDS, INC.

COST: \$5.00 per person – No refunds

Name (Guest #1)

Phone

Choose (circle) ONE sandwich: **SLOPPY JOE** or **HOT SHREDDED TURKEY**

Choose (circle) ONE soup: **STUFFED BAKED POTATO** or **CHILI**

Name (Guest #2)

Phone

Choose (circle) ONE sandwich: **SLOPPY JOE** or **HOT SHREDDED TURKEY**

Choose (circle) ONE soup: **STUFFED BAKED POTATO** or **CHILI**



8

Amount Enclosed: \$ _____ Check # _____ Date Received _____ Init. _____

SPECIAL BREAKFAST EVENT

You are invited...

45th

ANNIVERSARY
CELEBRATION

WEDNESDAY, FEBRUARY 1

Breakfast at 8:30 a.m.

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

This special event to celebrate the Fond du Lac Senior Center will include:

- DELICIOUS hot breakfast (\$3.00) *reservations required by January 23*
Breakfast casserole, French toast sticks, fruit, breads, beverages
- MUSICAL ENTERTAINMENT by the Senior Center HANDCHIME CHOIR
- TESTIMONIALS of the impact of the Senior Center

Register at the Senior Center and pay for the breakfast by Monday, January 23. There will be a limit of 60; please note that it may fill before that date. If you have a testimonial that you would like to share, please let Senior Center staff know ASAP. We would love to hear the impact the Center has had on your life!

MONTHLY MOVIE

“THE AFRICAN QUEEN” ~ Wednesday, January 11



11:45 a.m. Lunch (optional)

MENU: Tender Beef Steaks, Mashed Potatoes, Gravy, Spinach, Tropical Fruit, Wheat Bread, Blueberry Torte, and Milk

12:30 p.m. Movie: *The African Queen*

In Africa during WW1, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship.

Directed by John Huston, the film stars Humphrey Bogart (who won the Academy Award for Best Actor – his only Oscar), and Katharine Hepburn with Robert Morley and Peter Bull. *The African Queen* has been selected for preservation in the U.S. National Film Registry, with the Library of Congress deeming it "culturally, historically or aesthetically significant".

You must register separately for each activity. Call 929-3937 by 1 p.m. on Tuesday, January 10, to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older).

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

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

RECREATION

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

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

ART CLUB

Thursdays at 1:00 p.m.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

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

2nd Tuesday: Comfort Keepers

3rd Tuesday: Walnut Grove

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

5th Tuesday: Roto-Rooter

BOOK CLUB

3rd Monday at 9:30 a.m.

January 16 *Left Neglected*
by Lisa Genova

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.

DECEMBER 28: NO DANCE

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, January 5, at noon

Schmitt's Oar House

Thursday, February 2, at noon

Cibo Restaurant (inside Ramada)

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.

Saturday, January 21

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

Sebastian's Steak House

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 SNOWMEN on January 24.

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

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 from **Lutheran Homes and Health Services**

SHOWN ON OUR BRAND NEW FLAT PANEL LCD TV!



TAI JI

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

Classes are held on Tuesday mornings from 9–10 a.m. Participants should wear loose comfortable clothing and tennis shoes for these classes. Friends membership is required. To register or for information, call 322-3630. Men and women are 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 30 minutes. The class will meet at 3:45 p.m.

Mondays. January dates are: 1/9, 1/16, 1/23 and 1/30. 50¢ Donation. For more information, talk to Jean or register by calling 322-3630.



Mondays 6:30 – 7:30 p.m.

\$5 per session; 6 week session starting January 9 for \$23. Wear comfortable clothing. For more info call 322-3630. This program is designed for senior participants.

OTHER EXERCISE

Bikers Monthly rides April through October
 Hikers Tuesday & Thursday mornings
 Line Dancing Thursday evenings; \$10 for 4 weeks
 Water Exercise..... Daily 8 a.m. at the Aquatic Center
 \$3.75 per session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by All About Life

Friday, January 13 8 – 9 a.m.

2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, January 13 8 – 9 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, January 12, 19, 26

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

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 10 8:30 a.m. – 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, January 24 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, January 25, 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, January 3, 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, January 10, at 8:30 a.m.

Rolling Meadows Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

The next Senior Wellness Morning will be held on February 10, from 9–11 a.m.

In 2012 the Senior Wellness Morning will be held on the 2nd Friday of the even months only. On the other months we will offer health screenings and show a health-related informational DVD.

Friday, January 13:

Health Screenings 8–9 a.m.

Blood Sugar Screening by Lutheran Homes & Health Services;
Blood Pressure by All About Life

DVD: The Role of Vitamins 10–11 a.m. DVD presentation
By Dr. Anthony Goodman followed by an open discussion.



WISCONSIN TALKING BOOK
AND BRAILLE LIBRARY

**Thursday,
January 5
10 a.m.**

Linda Vincent will explain eligibility for the program, the kinds of books in the library, how to select books, and how to use the player. Free refreshments. To register call 322-3630.



LOOK GOOD . . . FEEL BETTER

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

GLUTEN-FREE SUPPORT GROUP

The January meeting for this new group will be on **Friday, January 20, from 9–10 a.m., at Festival Foods** in the conference room. Gluten-free refreshments will be served. If you have questions call 322-3636 for information. Check out the group’s website at <http://fdlglutenfreesupportgroup.weebly.com>. The site includes info on meetings, foods, restaurants, recipes, and more. Check out a DVD “Enjoying Holidays Gluten-Free” (Nov. meeting) at the Senior Center.



LIFE STORY BOOK WORKSHOPS PLANNED

A life story book involves picking out key pictures that tell the story of a person’s life and placing them in a memory book that can be shared with others. The first workshop will be on **Monday, January 16, from 1:30 to 3:00 p.m.** The finished product helps seniors retain verbal skills and share with visitors. This activity is open to the public. We will meet twice a month for six times. You do not need to have scrapbooking experience to participate. For more

information call Jean at 322-3636

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit **Touchstone Living Center**, 300 Winnebago Street, North Fond du Lac, from **2:00–3:00 p.m.** on **Tuesday, January 24**. 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, January 5**, to turn in reports, provide support, info and camaraderie for each other. This will be followed by a presentation at **10 a.m.** by Linda Vincent of **Wisconsin Talking Book and Braille Library** of Milwaukee. Her talk will cover information of value to those with low vision and she will have handouts.

The Senior Outreach Program is funded in part by:

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

RED HAT HONEYS

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

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

The name of our new Queen was still a secret when this newsletter went to the printer so her identity will be revealed in the January newsletter that you can pick up at the front desk or wait until you read it here in February.

“Bling!” Oshkosh Trip Wednesday—February 15

Carpool from Senior Center at 9:30 a.m.; Check the 3-ring binder for details.

Donna Born concentrates on decorating a gingerbread house at the Senior Center in December. The houses turned out colorful and delicious looking. Thanks to Diane Michels for baking them up! We hope this might become an annual event at the Center!



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 Fond du Lac School District events (regular season athletic contests, music department concerts, and plays.

16

THIS 'n THAT Craft & Gift Shoppe

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

The Craft Shoppe
will be **CLOSED**
for inventory
from **FRIDAY,**
DECEMBER 23,
through **FRIDAY,**
JANUARY 13.



We look forward to seeing you when
we re-open on **MONDAY, JANUARY 16!**

REMINDERS

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.*

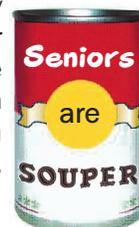


WICKED WEATHER- inclement weather policy

Winter is here and that means possible adverse weather conditions. When the Fond du Lac School public schools are closed, the Senior Center will also be closed. This means that that 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 1450 AM 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!

SOUP DRIVE OVER 1800 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, the soup has 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!**

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, 2012

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.
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 (located at 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 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. 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.

STAMPING/CRAFT CLASS

Tuesday, January 17

2 sessions: 3:30 p.m. and 6:30 p.m.

Cost: \$10 or FREE with minimum \$20 order

Make beautiful Valentines and other special occasion cards (5 cards/projects in all). RSVP by January 16 to Jana Secord at (920) 979-5262 or email stampinjana@charter.net. If possible, bring adhesive and scissors.

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 3, 10, 17, 24		January 31, February 7, 14, 28		
March 6, 13, 20, 27		April 10, 17, 24, May 1		
Watercolor	Tuesday	1—3 p.m.	4	\$15
January 3, 10, 17, 24		January 31, February 7, 14, 28		
March 6, 13, 20, 27		April 10, 17, 24, May 1		
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
January 3, 10, 17, 24		January 31, February 7, 14, 28		
March 6, 13, 20, 27		April 10, 17, 24, May 1		
Drawing	Wednesday	6—8 p.m.	4	\$15
January 4, 11, 18, 25		February 1, 8, 15, 22		
March 7, 14, 21, 28		April 4, 11, 18, 25		
Country Line Dancing	Thursday	6—7 p.m.	4	\$10
January 5, 12, 19, 26		February 2, 9, 16, 23		
March 1, 8, 15, 22		April 5, 12, 19, 26		
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, January 14, from 9 a.m. to 11 p.m.** The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more information, please call Danielle at 517-3496 or email her at creativemomto3peas@yahoo.com.



Kim Stern will hold a Scrapbooking Crop and Workshop at the Senior Center on **Saturday, January 28, from 9 a.m. to 9 p.m.** All skill levels are welcome and registration is open to all ages. The \$18 registration fee includes lunch and dinner, a "make & take" and a large space to scrapbook away. For more details or to register, please contact Kim at 517-1108 or email kimstern1986@yahoo.com.

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.

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

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

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								
103-490-31274	T, W, R	January 10, 11, 12	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96
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

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.

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

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

EXCEL WORKSHOP								
103-452-31281	Friday	April 27	1 time	9:00 a.m.—Noon	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								
105-605-31268	Thursday	January 5	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

INTERMEDIATE DIGITAL CAMERAS								
105-609-31269	Friday	January 6	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

18 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.

2012 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

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.

**2012 membership
valid NOW through
December 31, 2012**

_____ **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 JAN NEWSLETTER **19**



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE
PAID
FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE
REQUESTED

■

FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

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

ASSISTANT DIRECTOR

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

TRAVEL COORDINATOR

Doris Zimmermann
322-3635

WELLNESS COORDINATOR

Jean Holzman
322-3636

OFFICE COORDINATOR

Vickie Michels
322-3639

CRAFT SHOPPE COORDINATOR

Patsy Lefeber
322-3638

PROGRAM/OFFICE ASSISTANT

Mary Schneider
322-3640

FRIENDS BOARD

Kate Barr

Susanne Dennis

Jerry Gordon

Mary Kind

Irv Pea

Jim Sabel

Ruth Smith

LeRoy Walters

Ron Zarling

SENIOR CITIZEN ADVISORY COMMITTEE

Bill Carey

Kathryn Curran

Joyce Dille

Vivian Gorden

Barbara Lukas

Mary Kind

Jim Sabel

Donna Jean Trapp

Judi Walters

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

Wisconsin
Association of
Senior
Centers



MISSION

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