We’re Rockin’ & Rolling

Sock Hop, Classic Cars and Raffle Drawing

Wednesday, September 2; 1–3 p.m.
Lakeside Park Pavilion

- Car Show 1-3 p.m.
- Dilly Bars provided by Fond du Lac Avenue Dairy Queen
- Contests and prizes
- Sock Hop from 1:30-2:30 p.m. with music by Record Entertainment
- Raffle Drawing 2:30-3:00 p.m.

Cost to attend: $3.00

Be a part of the fun!
Pre-registration with payment is required.
Sign up at the Fond du Lac Senior Center today!
Hi All~

One of the fun things that I get to do as part of my job is to give tours of The Center to people who want to learn more about us and what we do. As part of that tour, I always talk about the unique partnership that has allowed The Center to grow and flourish. In case you haven’t had my tour, I figured that I would share that information here as well.

The Fond du Lac Senior Center is part of the Community Development Department of the City of Fond du Lac. We are considered to be a part of the “Parks, Culture & Recreation” opportunities that the City offers to residents of Fond du Lac and the surrounding area. The City provides us with our beautiful building along with 4 staff people and the dollars to support the building and part of the operations of The Center.

Another part of this unique partnership is the Friends of the Fond du Lac Senior Center, Inc. organization. This non-profit corporation was formed in 1989 to support the operations of the Senior Center. The “Friends” are the group that you join when you become a “member” and your membership is vital to the success of The Center. The Friends provides 5 staff members and they do a LOT of fundraising to support all of the programming that we offer at The Center. They are governed by a 9 member Board of Directors who is very busy behind the scenes working with various committees and spearheading fund raising events.

While the City and the Friends each provide several paid staff people, our Center wouldn’t be nearly as successful if it wasn’t for the efforts of all of our volunteers. These are the people you see greeting visitors at the front desk, frying brats and burgers at the brat fry, setting up for dances and card games, inputting data into our database, and helping out wherever they are needed.

This is a wonderful, unique place that truly represents the good that can happen when groups work together. As Helen Keller said, “Alone we can do so little; together we can do so much.” Come and be part of all of the good things going on here at The Center!

Good-bye and Best Wishes, Jean!

Jean Holzman’s last day at the Senior Center was May 15th. As Wellness Coordinator, Jean made a difference in the lives of many seniors in our community. Thank you for all you’ve done here at the Senior Center. We wish you good health and happiness in your future endeavors!
FUNDRAISERS

BRAT FRY THANK YOU
Thank you to everyone who helped make the Brat Fry fundraiser a success. It takes so many people to put this together! Special thanks to our brat fry committee, volunteers, and everyone who came out and purchased brats and burgers. Together we raised over $2,700!

REMEMBER TO BUY KWIK TRIP GIFT CARDS!
We are still selling Kwik Trip gift cards in our gift shop. Use them to purchase gas, milk, bread, bananas—almost everything in the store! It’s a great way to support the Center and it doesn’t cost you anything extra.

Newsletter Crew
Editor…………………….. Cathy Loomans
Coordinator…………………Joan Brezinsky
Contributor…………………. Jean Holzman
Mail Crew…………………..20+ volunteers!

Newsletter Deadline
The deadline to submit something for the July Among Friends newsletter is Friday, June 5, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information
Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.
Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his After Breakfast Show every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

Sponsored by Smith & Hatch Insurance.
Win your share of over $4,000 in cash and prizes!

You can’t win if you don’t buy tickets!

Raffle items include:

- $500 Cash  J.F. Ahern
- $400 Cash  Zacherl Funeral Home
- 5 Brewers Tickets with Parking - value $305  Mi-Tech Services
- 4 Rounds of Golf - value $250  South Hills Golf & Country Club
- $200 Cash  TTI Trucking
- Sterling and Diamond Pendant - value $195  The Goldsmith
- Stainless Cross and Chain - value $195  The Goldsmith
- 6 Mo. Membership - value $180  LH&HS Wellness Center
- Night Stay – value up to $140  Holiday Inn, FDL
- 4 Brewers Tickets – value $100  KFIZ
- $100 Cash  Michels Corporation
- $100 Cash  Uecker-Witt Funeral Home
- Mary Kay Basket – value $100  Jana Secord
- Painting – value $85  Lisa Ritchie
- $75 Gift Certificate  CW Smith Jewelers
- 4 Rounds of Golf – value $72  Oakgreen Golf Course
- 1 Friday Fish, 10 Free Games Bowling – value $62  Ledgeview Lanes
- Handmade Quilt – value $50  Flying Geese Quilt Club
- $50 VISA Gift Card – National Exchange Bank & Trust
- $50 Cash  Ottery Transportation
- $50 Cash  Tim Cruz, American Family Insurance
- 6 Movie Passes – value $48  FDL Sheriff’s Department
- Small Hope Chest – value $45  Waupun Correctional Institution
- $40 Gift Certificate  Krail Jewelers
- $25 Gift Certificate (4)  A&E Jewelers
- $20 Gift Certificate (2)  Country Visions Co-op
- $35 Gift Certificate  Northwinds Supper Club
- $25 Gift Certificate  Wood Sampler
- $25 Gift Certificate  Silica Appliance
- $20 Gift Certificate  Cobblestone Hair Studio
- $20 Gift Certificate  Pick N Save
- $20 Gift Certificate (2)  Techniques Salon
- 30 Minute Massage – value $38  Haven Salon
- $35 Gift Certificate  J&K Alignment
- $25 Gift Certificate  Wood’s Floral & Gifts
- $20 Gift Certificate  Festival Foods
- $20 Gift Certificate  Personal Touch
- $20 Gift Certificate  Fred’s Fastrac

Numerous prize packages featuring gifts from: Action/Reporter Media, Blanck’s Lake Aire, Model Cleaners, Jet Stream Car Wash, Pump & Pantry, Schreiner’s, Backyard Grill, Red Cabin at Green Acres, Blanck’s in Johnsburg, Domino’s Pizza, Fat Joe’s, and MORE PRIZES COMING IN EVERY WEEK! Watch future newsletters for updated list or see the complete list at the Senior Center.

Thank you for your support!
GROUP DISCUSSION WITH ANDREA
“FORGIVENESS”
Tuesday, June 16; 3:15 p.m.

Come and join this month’s discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be Forgiveness.

“Forgetness doesn’t excuse their behavior. Forgiveness prevents their behavior from destroying your heart.” - Author Unknown. This inspirational quote summarizes the benefits of forgiving others or ourselves for wrong doing. Learn about forgiveness and how to do it at this month’s discussion group.

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

Intergenerational Activity
TEDDY BEAR PICNIC

Friday, July 10; 1:00—2:00 p.m.

Bring your grandchildren (or other special child), a favorite teddy bear and join us at our Teddy Bear Picnic! There will be a teddy bear craft, treats and activities.

Cost: $1 per person

To register, call 322-3630 before Thursday, July 2.

RED HAT HONEYS
THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

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

Royal Rummy is back!
Friday, June 12; 1—3:30 p.m. at the Senior Center

An easy game to play ~ anyone can do it!

Hostesses: Gail Zimmerman, Helen VandeBerg, Patti Werdin, Char Nelson, and LaVerne Kabat

Bring your own drinks. Snacks will be provided. Prizes awarded.

Please sign up at the front desk, where additional information is available.

WRITING YOUR STORIES
Thursday, June 18
1:30 p.m.

You have experiences and stories you’d like to tell, but may not know how to express them in writing. This presentation, by John Silah and Bob Miller, is designed to help you write down the stores that are important to you. Whether you write these stories to keep for yourself, or to share with others, this presentation will help you get started.

To register, call 322-3630 before Thursday, June 11.
AARP Annual Summer Picnic
Wednesday, June 17
11:30 a.m. Social, 12:00 p.m. Luncheon
Followed by musical entertainment by Les Schneider and his mother, Theresa.

North Fond du Lac Community Center
280 Garfield Street
North Fond du Lac

Menu:
Catered by Entrees on Trays
Hot Ham & Shredded Turkey Sandwiches, Baked Beans, Potato Salad, Fruit Fluff, Brownie and Beverage

Cost $10 per person
Make check payable to: AARP Chapter 614

Fill out the registration form below and drop off with payment at the FDL Senior Center, 151 E. First St., or mail to Charlotte Nelson, 377 Walker Street, Fond du Lac, WI 54935

Deadline to register: Friday, June 12
Door Prizes—Raffle—Great Food—Entertainment

All are Welcome!

This event is sponsored by AARP Chapter 614

YES! I (We) will be attending the AARP Picnic!
Name(s)________________________________________
Address_______________________________________
Phone____________________Amount Enclosed______

LAKE WINNEBAGO BOAT RIDE
Wednesday, July 8
1:00 p.m. sharp!

Get ready for a boat ride on Lake Winnebago!

Karin Whealon of the FDL Yacht Club has offered to organize boats for a relaxing boat ride. We will meet at the Yacht Club (on the harbor in Lakeside Park) at 1:00 p.m. and the boats will be back to dock by 2:30 p.m. The Yacht Club has invited participants to stay for a “make-your-own” banana split treat after the ride.

YOU MUST REGISTER TO PARTICIPATE. Please call the Senior Center to register by Wednesday, July 1, to participate. You will need to give the following information: your name, your phone number, the number of people you would like to reserve space for on the Senior Center Boat Ride, and your boat preference—sailboat or power boat.

On the day of the boat ride, $10.00 per person will be collected at the Yacht Club and used toward gas for the boats and a donation to the Senior Center. In order to participate, you must be physically stable enough to enter and exit from the boat with very little assistance. It is important to be on time as the boats will be boarding promptly at 1:00 p.m.

If the weather is questionable on ride day, call the Senior Center at 322-3630

100 Years Royal Horticultural Society Chelsea Flower Show
Thursday, June 25; 1:00 p.m.

Join the Green Thumb Garden Club as they show a spectacular DVD capturing the very best of the RHS Chelsea Flower Show—the most prestigious horticultural event in the world. See a stunning array of award-winning gardens and glimpse inside the Great Pavilion with its dazzling display of plants from around the world. RHS experts also offer advice on making the most of your own garden. Refreshments will be served.

Call the Senior Center at 322-3630 to register.
A picnic lunch will be offered by the Friends of Taylor Park for $7.75 and includes a brat or burger, potato salad, baked beans, chips, dessert, and beverage. Pre-register and pay the $7.75 lunch at the Fond du Lac Senior Center, 151 E. 1st St., by Monday, July 6. **NOTE:** The lunch is a **fundraiser** to support Taylor Park.

Although the games are free for participation, pre-registration for the $7.75 lunch is required. To help with planning, pre-register by Monday, July 6, so that schedules can be arranged and games finalized. Which games would you like to participate in? We’ll show you how the games are played. No experience is needed.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Check in, get water &amp; healthy snack</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Welcome</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Poker Walk – walk around park at your own pace</td>
</tr>
<tr>
<td>10:00–11:00 a.m.</td>
<td>Summer Games – see list below &amp; pre-register by July 6</td>
</tr>
<tr>
<td>10:30 – 11 a.m.</td>
<td>Low Impact Water Aerobics Class – bring your swimming suit for this free class</td>
</tr>
<tr>
<td>11:30 – Noon</td>
<td>Banana Bingo – try your luck</td>
</tr>
<tr>
<td>Noon—1:00 p.m.</td>
<td>Picnic Lunch – sponsored by Friends of Taylor Park (<strong>must</strong> pre-register by July 6)</td>
</tr>
<tr>
<td>1:00—1:30 p.m.</td>
<td>Awards &amp; Door Prize Drawing</td>
</tr>
</tbody>
</table>

**Please bring your own lawn chair. There are a limited number of picnic tables.**

Please mail to the Fond du Lac Senior Center or drop off at 151 E. 1st Street by Monday, July 6.

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**NAME__________________________**

**ADDRESS________________________ PHONE________________________**

☐ **YES**, I will have the picnic lunch: CHOOSE ONE: ☐ Brat OR ☐ Burger

☐ **$7.75 Payment**

☐ Check # ___________ OR ☐ Cash Date ___________ Clerk________

☐ **NO THANKS**, I do not want the lunch.

**Don’t forget to bring your lawn chair!**

**PLEASE REGISTER ME FOR:**

☐ Ladder Ball ☐ Bean Bag Toss ☐ Simple Board Games & Cards

☐ Washer Game ☐ Poker Walk ☐ Yolf *we’ll teach you; it’s simple!*

☐ Bingo 11:30 a.m.—Noon ☐ Live TV Trivia

☐ Low Impact Water Aerobics Class held at the pool from 10:30 – 11:00 a.m.
ARTIST OF THE MONTH
June: Kathy Wilke
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!

Mark your calendars for these upcoming SCRAPBOOK CROPS
Saturday, July 18; 9 a.m.—9 p.m.
To register, contact Kim Wagner at 920-517-1108.
Saturday, August 22; 9 a.m.—9 p.m.
To register, contact Colette Jaeger at 920-602-2486.

Personal Color Analysis
Discover your most flattering colors!
Friday, June 19
10 a.m.—12 p.m. or 1:00-3:00 p.m.
Alexandra Benz, Certified Image Consultant, will discuss the concepts of color categories. Your Personal Color Analysis will determine your most flattering colors. You will then receive a complete makeover. In addition, you will receive color swatches of your most flattering colors. This will help you make wise purchasing decisions. On shopping trips the swatches will help you buy within your color category and build a coordinated wardrobe. This will save you time, money, and frustration. And when you wear your most flattering colors you will always look your best.
Cost: $45
Space is limited, register early! Call 322-3640.

WANTED:
BUNCO AND SCRABBLE PLAYERS
Bring your friends and join the fun!

BUNCO
Thursdays at 1:30 p.m.

SCRABBLE
2nd & 4th Monday at 10 a.m.
Call ahead to reserve your spot!

The Niagara Escarpment:
An Ancient Treasure from Wisconsin’s Tropical Seas
Wednesday, July 1
1:30 p.m.
Presented by Herman Bender
The Niagara escarpment is a huge, physical landscape feature composed of dolomite and limestone which surrounds the Michigan ‘basin’ of old and extends across seven states and lower Canada. In eastern Wisconsin, it stretches from Door County to the state line. Named after the famous falls in New York, the geology and history encompass far more than seen by simply examining a map. Silurian in age (i.e. approximately 430,000,000 years old), fossil-rich parts of it once formed a fringing reef reminiscent of the Great Barrier Reef by Australia. But, the Niagara escarpment is also a part of the broader cultural landscape where its natural attributes and the vistas afforded from its heights are something people have been aware of for thousands of years.

This Power Point presentation will be about one hour in length and features the escarpment units in Calumet, Fond du Lac and Dodge Counties.

This program was developed for the official Wisconsin State Resolution declaring 2010 The Year of the Niagara Escarpment.
Call 322-3640 to register.
The adventures of Gustave H, a legendary concierge at a famous hotel from the fictional Republic of Zubrowka between the first and second World Wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune — all against the backdrop of a suddenly and dramatically changing continent.

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

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.
Health & Wellness

SUPPORT GROUPS

ALZHEIMER’S SUPPORT GROUP
Thursday, June 25; 6:30—8:00 p.m.  (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUPS
Tuesday, June 16; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center, 210 American Drive ~ American Room
There will not be any meetings in the summer months
St. Agnes Hospital, 430 E. Division Street; 5th Floor Meeting Room

GLUTEN FREE SUPPORT GROUP
Tuesday, September 15; 6:30 —7:30 p.m.
Fond du Lac Senior Center, 151 E. First Street

PARKINSON’S SUPPORT GROUP
Monday, June 8; 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP
Tuesday, June 9; 8:30 a.m. (2nd Tuesday of the month)
Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

TAI CHI
Tai Chi has value in treating or preventing many health problems. The next session will begin on June 30 and end on August 18. 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.

June Bike Ride
Join us on Tuesday, June 9 at 10 a.m. in the Target parking lot to ride along the Eldorado Marsh to Rosendale or Eldorado (depending on trail conditions). Bring money for lunch in Eldorado. The ride will be on gravel trails and will be about 10 to 12 miles. Please call 322-3630 to register. 50¢ Donation. Cancellations on ride day call Caroline at 922-3561. Rain Date: June 16.

Exercise Classes

LOW IMPACT CHAIR EXERCISE
With Jaime Roth
Mondays 9:00 – 9:30 a.m.
Sponsored by All About Life Rehabilitation Center
Men and Women Welcome!
CHAIR EXERCISE VIDEO
Wednesdays 9:45 —10:15 a.m.
Sponsored by Lutheran Homes and Health Services

OTHER EXERCISE
Hikers ……………………………Tuesday& Thursday, 10 a.m.
Line Dancing….Thursdays 6—7:30 p.m.; $10/ 4 weeks
Beginning Line Dance…Thursdays 8:30—10 a.m.;
$7.50/ 3 weeks
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: Manor Care
Friday, June 12; 9—10 a.m. 2nd Friday of the month
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING
Sponsored by: Lutheran Homes & Health Services
Friday, June 12; 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, November 10; from 8:30—11 a.m.
2nd Tuesday in May & November
Cost: $25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE)
Sponsored by FDL County Health Department; Cost: $25
Thursday, June 11, 18, 25

HEARING SCREENING/HEARING AID CLEANING
Sponsored by Avada Hearing Care Center
Friday, June 12; 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, June 23; 10 a.m.—2 p.m.
Usually 4th Tuesday of the month
Cost: $20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test
Sponsored by Consultants Lab – A member of Agnesian HealthCare
Tuesday, November 10; from 8:30 — 11 a.m.
2nd Tuesday in May & November
Cost: $45. Call 322-3630 for appointment.

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$3.75 per session
Zumba Gold ………..Moved to another location. Call Kirsten at 920-606-9078 for information.
Forgiveness
Tuesday, June 16, 3 — 4 p.m.
Come and join this month’s discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. “Forgiveness doesn’t excuse their behavior. Forgiveness prevents their behavior from destroying your heart.” This inspirational quote summarizes the benefits of forgiving others or ourselves for wrong doing. Learn about forgiveness and how to do it at this month’s discussion group. For more information or to register for this group discussion, please call 322-3630. Walk-ins are welcome.

LOOK GOOD...FEEL BETTER
Wednesday, July 8; 10 a.m. to Noon
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.

Diabetes Prevention
Thursday, June 4
10—11 a.m.
Kristin Quast, Diabetes Prevention Coordinator at the Fond du Lac Family YMCA, desires to promote wellness and disease prevention in Fond du Lac. More than 1 out of 3 adults in our community is at high risk for developing type 2 diabetes. New cases of diabetes can be drastically reduced with modest weight loss and increased physical activity. Please call 322-3630 to register.

Mark Your Calendar!
You don’t want to miss the 4th Annual Senior Summer Games at Taylor Park. Wednesday, July 15, 9 a.m. to 1:30 p.m. Bean Bag Toss, Ladder Ball, Bingo and much more. Picnic lunch by Friends of Taylor Park. Registration form is on Page 7. Rain date: Thursday, July 16.

Do You Like to make Others Smile?
Check out our Outreach Opportunities by calling 322-3630.
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>Low Impact Chair Exercise</td>
<td>AARP Board</td>
<td>SCAMP</td>
<td>Senior Outreach</td>
<td>Coffee &amp; Conversation</td>
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<tr>
<td>9:00</td>
<td>Low Impact Chair Exercise</td>
<td>9:00 AARP Board</td>
<td>8:30 SCAMP</td>
<td>9:00 Foot Care</td>
<td>8:00 Coffee &amp; Conversation</td>
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<tr>
<td>9:00</td>
<td>Woodcarving Club</td>
<td>9:00 Tai Chi</td>
<td>Hand Chimes</td>
<td>9:00 Hand Chimes</td>
<td>10:00 Red Hat Chorus</td>
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<td>9:00</td>
<td>Ladies Golf League at Oakgreen Par 3</td>
<td>9:00 Tai Chi</td>
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<td>10:00 Red Hat Chorus</td>
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<td>Ladies Golf League at Oakgreen Par 3</td>
<td>9:00 Craft Shop Consignor Intake</td>
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<td>9:00 Hand Chimes</td>
<td>10:00 Red Hat Chorus</td>
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<tr>
<td><strong>2</strong></td>
<td>Beginning Drawing &amp; Watercolor</td>
<td>9:00 Craft Shop Consignor Intake</td>
<td>Video Chair Exercise</td>
<td>9:00 Hand Chimes</td>
<td>10:00 Red Hat Chorus</td>
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<tr>
<td>11:30</td>
<td>Beginning Drawing &amp; Watercolor</td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 Hand Chimes</td>
<td>10:00 Red Hat Chorus</td>
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<tr>
<td>12:30</td>
<td>Bridge</td>
<td>12:00 Hand &amp; Foot</td>
<td>12:00 Hand &amp; Foot</td>
<td>12:00 Bridge</td>
<td>12:00 ROMEO’s-Sunset</td>
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<tr>
<td>1:00</td>
<td>German Club</td>
<td>12:00 Canasta</td>
<td>1:00 Bingo—Sponsor: Comfort Keepers</td>
<td>1:00 Bridge</td>
<td>12:00 ROMEO’s-Sunset</td>
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<tr>
<td>1:00</td>
<td>German Club</td>
<td>1:00 Stitchery Group</td>
<td>1:00 Stitchery Group</td>
<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
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<tr>
<td>1:15</td>
<td>Sheepshead</td>
<td>3:00 Mixed Media Art Class</td>
<td>3:00 Mixed Media Art Class</td>
<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
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<tr>
<td>2:00</td>
<td>Soul Collage</td>
<td>5:30 Senior Dining at Sebastian's</td>
<td>1:15 Sheepshead</td>
<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
</tr>
<tr>
<td>4:30</td>
<td>TOPS #1159</td>
<td>6:00 Winnebago Woodworkers at Horace Mann High School</td>
<td>6:00 TOPS #0566</td>
<td>6:00 Country Line Dancing</td>
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<td>8:00</td>
<td>Coffee &amp; Conversation</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 Hand Chimes</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>9:00 Senior Outreach</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 Hand Chimes</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td>8:00</td>
<td>Hand Chimes</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 Hand Chimes</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td>9:00</td>
<td>Tai Chi</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 Hand Chimes</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td>9:30</td>
<td>Skat</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 Hand Chimes</td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td>10:00</td>
<td>Craft Shop Consignor Intake</td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>10:00 Bike Ride-Eldorado Marsh</td>
<td>10:00 Bike Ride-Eldorado Marsh</td>
<td>10:00 Bike Ride-Eldorado Marsh</td>
</tr>
<tr>
<td>10:00</td>
<td>Acrylic &amp; Oil Painting Class</td>
<td>10:00 Acrylic &amp; Oil Painting Class</td>
<td>10:00 Bike Ride-Eldorado Marsh</td>
<td>10:00 Bike Ride-Eldorado Marsh</td>
<td>10:00 Bike Ride-Eldorado Marsh</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>9:00 Low Impact Chair Exercise</td>
<td>9:00 Low Impact Chair Exercise</td>
<td>10:00 Health Screenings &amp; Hearing Aid Cleaning</td>
<td>10:00 Personal Color Analysis</td>
<td>10:00 Personal Color Analysis</td>
</tr>
<tr>
<td>9:00</td>
<td>Tai Chi</td>
<td>9:00 Tai Chi</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
</tr>
<tr>
<td>9:00</td>
<td>Woodcarving Club</td>
<td>9:00 Craft Shop Consignor Intake</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
</tr>
<tr>
<td>9:30</td>
<td>Ladies Golf League at Oakgreen Par 3</td>
<td>9:00 Craft Shop Consignor Intake</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>6</strong></td>
<td>8:00 Coffee &amp; Conversation</td>
<td>9:00 Craft Shop Consignor Intake</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>7</strong></td>
<td>9:00 Tai Chi</td>
<td>9:00 Craft Shop Consignor Intake</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>8</strong></td>
<td>9:00 Woodcarving Club</td>
<td>9:00 Craft Shop Consignor Intake</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
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<tr>
<td><strong>9</strong></td>
<td>9:00 Ladies Golf League at Oakgreen Par 3</td>
<td>9:00 Craft Shop Consignor Intake</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>10</strong></td>
<td>8:30 SCAMP</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:45 Video Chair Exercise</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
</tr>
<tr>
<td><strong>11</strong></td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>12</strong></td>
<td>9:00 Health Screenings &amp; Hearing Aid Cleaning</td>
<td>9:00 Foot Care</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>13</strong></td>
<td>8:30 SCAC</td>
<td>9:00 Foot Care</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>14</strong></td>
<td>9:00 Health Screenings &amp; Hearing Aid Cleaning</td>
<td>9:00 Foot Care</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>15</strong></td>
<td>8:30 SCAC</td>
<td>9:00 Foot Care</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
<td>9:30 Ladies Golf League at Oakgreen Par 3</td>
</tr>
<tr>
<td><strong>16</strong></td>
<td>9:00 Low Impact Chair Exercise</td>
<td>9:00 Low Impact Chair Exercise</td>
<td>9:30 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
</tr>
<tr>
<td><strong>17</strong></td>
<td>8:30 SCAMP</td>
<td>9:00 Foot Care</td>
<td>9:30 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
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<tr>
<td><strong>18</strong></td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:30 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
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<tr>
<td><strong>19</strong></td>
<td>8:30 SCAC</td>
<td>9:00 Foot Care</td>
<td>9:30 Foot Care</td>
<td>9:00 Foot Care</td>
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<tr>
<td><strong>20</strong></td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:30 Foot Care</td>
<td>9:00 Foot Care</td>
<td>9:00 Foot Care</td>
</tr>
<tr>
<td>Time</td>
<td>Activity</td>
<td>Location</td>
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<tr>
<td>12:30</td>
<td>Bridge</td>
<td></td>
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<tr>
<td>1:00</td>
<td>Bingo—Sponsor: Lakeview Place</td>
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<tr>
<td>1:00</td>
<td>Drawing &amp; Watercolor Class</td>
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<tr>
<td>1:00</td>
<td>Stitchery Group</td>
<td></td>
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<tr>
<td>1:00</td>
<td>Living Well with Chronic Conditions at MPTC</td>
<td></td>
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<tr>
<td>3:00</td>
<td>Mixed Media Art Class</td>
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<tr>
<td>3:15</td>
<td>Discussion Group—Forgiveness</td>
<td></td>
<td></td>
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<tr>
<td>5:30</td>
<td>Senior Dining at Blanck's Lake Aire</td>
<td></td>
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</tr>
<tr>
<td>6:00</td>
<td>Winnebago Woodworkers at Horace Mann High School</td>
<td></td>
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</tr>
<tr>
<td>9:30</td>
<td>Ladies Golf League at Oakgreen Par 3</td>
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<tr>
<td>10:00</td>
<td>MPTC Using Craigslist</td>
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<tr>
<td>12:30</td>
<td>Bridge</td>
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<tr>
<td>1:00</td>
<td>Drawing &amp; Watercolor Class</td>
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<td>1:00</td>
<td>Bingo</td>
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<td>1:00</td>
<td>Stitchery Group</td>
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<tr>
<td>1:00</td>
<td>Living Well with Chronic Conditions at MPTC</td>
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<tr>
<td>2:00</td>
<td>Community Cares at St. Peter's Place</td>
<td></td>
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</tr>
<tr>
<td>9:00</td>
<td>Tai Chi</td>
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<td>9:00</td>
<td>Skat</td>
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<tr>
<td>9:00</td>
<td>Craft Shop Consigner Intake</td>
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<tr>
<td>10:00</td>
<td>Acrylic &amp; Oil Painting Class</td>
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</tr>
<tr>
<td>10:00</td>
<td>Massage</td>
<td></td>
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<tr>
<td>12:00</td>
<td>MPTC Using Craigslist</td>
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<tr>
<td>12:30</td>
<td>Bridge</td>
<td></td>
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</tr>
<tr>
<td>1:15</td>
<td>Sheepshead</td>
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</tr>
<tr>
<td>4:30</td>
<td>TOPS #1159</td>
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</tr>
</tbody>
</table>

**LET'S DO LUNCH!**

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of $3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com

**OFFSITE SUPPORT GROUPS**

6/8  10:00 Parkinson's Support Group—Aurora Health Care
6/9  8:30 Prostate Cancer Support Group—Rolling Meadows Family Restaurant
6/16 4:00 Diabetic Support Group at Aurora Health Care Center

**Billiard Room open daily for open Pool. Pool League starts in Sept.**
WE’VE GOT CLASS! REGISTER NOW!

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

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>DAY</th>
<th>DATE</th>
<th>DAYS/WEEK</th>
<th>TIME</th>
<th>TOTAL TIME</th>
<th>INSTRUCTOR</th>
<th>COST (62+)</th>
<th>COST (&lt;62)</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMPUTER BASICS 1</td>
<td></td>
<td>T, W, R</td>
<td>July 14, 15, 16, 2015</td>
<td>3 days</td>
<td>9:00 a.m.—Noon</td>
<td>9 hours</td>
<td>K. Beaman</td>
<td>$4.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>103-483-10045</td>
<td>9 hours</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

| COMPUTER BASICS 2 |     | T, W, R               | July 21, 22, 23, 2015 | 3 days | 9:00 a.m.—Noon | 9 hours | K. Beaman | $4.50 | $35.96 |
|                 |     |                       | 103-485-10065 | 9 hours |              |           |            |           |
Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

| COMPUTER BASICS 3 |     | T, W, R               | July 28, 29, 30, 2015 | 3 days | 9:00 a.m.—Noon | 9 hours | K. Beaman | $4.50 | $35.96 |
|                 |     |                       | 103-490-10073 | 9 hours |              |           |            |           |
Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

| APPLE IPAD BASICS |     | W                     | June 3, 2015 | 1 day | 1:00—4:00 p.m. | 3 hours | A. Mielke | $20.60 | $25.90 |
|                 |     |                       | 103-611-10018 |       |               |           |            |           |
Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.
**Classes**

**APPLE IPAD BASICS II**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start Date</th>
<th>Duration</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee 1</th>
<th>Fee 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>103-613-10025</td>
<td>W</td>
<td>June 10, 2015</td>
<td>1 day</td>
<td>1:00—4:00 p.m.</td>
<td>3 hours</td>
<td>$20.60</td>
<td>$25.90</td>
</tr>
</tbody>
</table>

Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

**USING CRAIGSLIST**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start Date</th>
<th>Duration</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee 1</th>
<th>Fee 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>103-603-10032</td>
<td>T</td>
<td>June 23, 2015</td>
<td>1 day</td>
<td>12:00—4:00 p.m.</td>
<td>4 hours</td>
<td>$20.60</td>
<td>$25.90</td>
</tr>
</tbody>
</table>

In this class, you will learn about selling and buying personal items on Craigslist for first time users. Must have e-mail address. Bring a jump drive, digital camera, and item to sell.

**SMART VACATION—TRAVEL WISCONSIN**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start Date</th>
<th>Duration</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee 1</th>
<th>Fee 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>891-600-10010</td>
<td>W</td>
<td>June 24, 2015</td>
<td>1 day</td>
<td>9:00—Noon</td>
<td>3 hours</td>
<td>$20.60</td>
<td>$25.90</td>
</tr>
</tbody>
</table>

Discover wonderful opportunities for affordable, fun and interesting vacations for all ages in our own beautiful state.

**WHAT IS GOOGLE PLUS?**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Start Date</th>
<th>Duration</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee 1</th>
<th>Fee 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>103-618-10043</td>
<td>F</td>
<td>July 10, 2015</td>
<td>1 day</td>
<td>9:00—Noon</td>
<td>3 hours</td>
<td>$20.60</td>
<td>$25.90</td>
</tr>
</tbody>
</table>

Google Plus is a social networking platform for discovering and sharing digital content with friends, family and coworkers. Let us teach you how to set up a profile, post messages, upload photos, create and organize circles, join communities and so much more.
## 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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Weeks</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic &amp; Oil Painting</td>
<td>Tues</td>
<td>10–noon</td>
<td>4</td>
<td>$16</td>
</tr>
<tr>
<td>June 9, 16, 23, 30; July 7, 14, 21, 28</td>
<td></td>
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</tr>
<tr>
<td>Drawing &amp; Watercolor</td>
<td>Tues</td>
<td>1–3 p.m.</td>
<td>4</td>
<td>$16</td>
</tr>
<tr>
<td>June 9, 16, 23, 30; July 7, 14, 21, 28</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Beginning Drawing &amp; Watercolor</td>
<td>Mon</td>
<td>12:30-2:30 pm</td>
<td></td>
<td>$21</td>
</tr>
<tr>
<td>June 8, 15, 22, 29; July 6, 13, 20, 27</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Mixed Media</td>
<td>Tues</td>
<td>3-4:30 p.m.</td>
<td>4</td>
<td>$16</td>
</tr>
<tr>
<td>June 9, 16, 23, 30; July 7, 14, 21, 28</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Country Line Dancing</td>
<td>Thurs</td>
<td>6–7:30 pm</td>
<td>4</td>
<td>$10</td>
</tr>
<tr>
<td>May 28, June 4, 11, 25; July 9, 16, 23, 30</td>
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</tr>
<tr>
<td>Beg. Country Line Dancing</td>
<td>Thurs</td>
<td>8:30–10 am</td>
<td>3</td>
<td>$7.50</td>
</tr>
<tr>
<td>June 4, 11, 25; July 9, 16, 23</td>
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<td></td>
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<tr>
<td>Singing</td>
<td>Tues</td>
<td>10-11 a.m.</td>
<td>6</td>
<td>$25</td>
</tr>
<tr>
<td>Starting again in the fall.</td>
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</tbody>
</table>

Starting again in the fall.
Programs & Activities

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

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a $0.50 requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO 50¢ for 2 cards
Tuesdays at 1:00 p.m.
Thanks to our Bingo Sponsors who provide prizes, treats, and caller.
1st Tuesday (odd months): TBA
1st Tuesday (even months): ManorCare
2nd Tuesday (even months): Comfort Keepers
2nd Tuesday (odd months): Azura Memory Care
3rd Tuesday (odd months): ResCare HomeCare
3rd Tuesday (even months): Lake View Place
4th Tuesday (even months): Hospice Advantage
4th Tuesday (even months): TBA
5th Tuesday: Right at Home

BOOK CLUB
3rd Monday at 9:30 a.m.
June 15  The Light Between Oceans
by M. L. Stedman
July 20  Hotel on the Corner of Bitter and Sweet
by Jamie Ford
Book synopses available at front desk.

BRIDGE $1 donation
Tuesdays: 12:30 p.m.
For information or to play, call Arlene Love at 922-5668.
Thursdays: 10:00 Beginners
Thursdays: 12:30 p.m. Advanced

BUNCO
Thursdays at 1:30 p.m.

CANASTA
1st & 3rd Wednesdays at 12:00 p.m.
CARD MAKING CLASS
2nd Tuesdays at 3:15-4:45 p.m., 5:15-6:45 p.m.; or 7-8:30 p.m.
To register, call Jana at 979-5262 at least 24 hours in advance.

CHORUS
Red Hat Honeys & Singing Classes

COIN CLUB
2nd Tuesday at 6:00 p.m.

DANCES $4.00 fee
Wednesdays at 7:30–9:30 p.m.
Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB
Mondays at 1:00 p.m.

HAND & FOOT (Card Game)
Wednesdays at Noon

HANDCHIME CHOIR
Wednesdays & Thursdays at 9:00 a.m.

JOURNALING
4th Thursday at 10 a.m.

MODEL RAILROAD HOBBYISTS
2nd Sunday at 6:00 p.m.

POKER
Mondays at 1:00 p.m.

POOL Open Pool daily
Leagues
8-Ball Tuesdays (starting in September)
9-Ball Weds. (starting in September)

QUILTING
Flying Geese Quilting Club
1st Thursday at 1 p.m.
Call Nancy at 923-4494 for information.

SCAMP (Senior Center Band)
Wednesdays at 8:30 a.m.

SCRABBLE
2nd & 4th Monday at 10:00 a.m.

SCRAPBOOK CLUB
First three Thursdays at 10:00 a.m.

SHADY HUSBANDS
TBA

SHEEPHEAD $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.

STITCHERY
Tuesdays at 1 p.m.

SUPPER CLUB
Dutch Treat. Everyone welcome!
You MUST call the Senior Center if attending.
Friday, June 19
KC 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. (starting up again in September)
The Memories Writers meet to share and preserve life experiences and family history.
New members welcome!
Thank you to the anonymous donor who bought us a beautiful new flag. Your thoughtfulness is very much appreciated!

PHONES AND VISUAL IMPAIRMENT
Thursday, June 11
1:00–2:00 p.m.

Join the Wisconsin Council of the Blind and Visually Impaired for a free 60 minute webinar about phones and visual impairment. The webinar speakers are Council Vision Rehabilitation Teachers, Virginia DeBlauy and Jean Kalscheur, who will discuss corded, cordless, and cellular phones. You will learn techniques for dialing a button phone by touch, marking key buttons, setting up speed dial, and telephone features to consider when the user has both vision and hearing impairments.

Register by calling the Senior Center at 322-3630.

CLOSED FRIDAY, JULY 3RD
Please note that the Senior Center will be closed on Friday, July 3rd.
Announcements

Living Well with Chronic Conditions
Weekly workshop held
Tuesdays, June 16—July 21
1:00—3:00 p.m.
Moraine Park Technical College

Two trained leaders will cover the following topics:

- Symptom Management
- Dealing with Difficult Emotions
- Goal Setting and Problem Solving
- Improving Nutrition and Exercise
- Medication Management
- Stress Management
- Communication Skills

Space is limited, registration is required by calling Marion at (920) 929-3114.

This free annual workshop is sponsored by Fond du Lac County Senior Services & All About Life Rehabilitation Center.

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.

June 2  Sebastian’s
June 9  Schreiner’s
June 16  Blanck’s Lake Aire
June 23  Northwinds Supper Club
June 30  Benvenuto’s

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

Consumer Facts from the Bureau of Consumer Protection
Credit, ATM and debit cards are easy and convenient to use, but do you know what to do if your cards are lost or stolen?

To limit your liability, report the loss or theft of your cards to the card issuers as soon as possible. Under federal law, your maximum liability for the unauthorized use of your credit card is $50. But if you report the card missing before they are used, you cannot be held responsible for any unauthorized charges.

In the case of missing or stolen ATM or debit cards, your liability depends on how soon you report the loss. If you report the card missing before it is used by a thief, you cannot be held responsible. If you report the card missing within 2 business days after the loss is discovered, you will not be liable for more than $50 of the unauthorized use. However, if you fail to report the loss within 60 days after your bank statement containing the unauthorized use is mailed, you risk unlimited loss.

To provide the best protection against fraud, keep your cards secure and know where they are at all times. If you use a PIN, keep it secret and memorize it. For more information on this and other topics concerning seniors, go to http://datcp.wi.gov

TRIAD MEETING
Thursday, June 25
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 TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

S.C.A.C. MEETING
(Senior Citizens Advisory Committee)
Friday, June 19; 8:30 a.m.
The public is welcome to attend!

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County’s Commission on aging.
Upcoming Trips

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

ESCAPE TO DOOR COUNTY
Wednesday—Friday
September 9—11

Start the trip off by boarding the Door County Trolley for a “Culinary Trolley Tour”. Get into the fun with a fish boil storyteller followed by a fish boil dinner buffet at Rowleys Bay Resort in beautiful Ellison Bay where we will stay two nights. Spend the evening at the Peninsula Players Theatre featuring the play “Nunsense”. Day two will take us on a professional step-on guided tour including Eagle Bluff Lighthouse, Ridges Sanctuary, a Boynton Chapel tour and a visit to Peninsula State Park. We will have time to enjoy lunch at Al Johnson’s Swedish Restaurant (goats on the roof). On day three we’ll visit the Door Peninsula Winery in Sturgeon Bay and enjoy some wine tasting. *Trip includes 6 meals.*

$409*
3 Days—2 Nights *Double

DISCOVER LA CROSSE
Wednesday and Thursday
July 15 & 16

Day one: after a scenic drive to La Crosse, we will visit the Shrine of Our Lady of Guadalupe and have lunch at the award winning Culina Mariana Café. A directed tour of the Shrine Church will follow. Enjoy dinner at Fayze’s Restaurant and Bakery known for their tradition of mouth watering recipes and homemade bakery treats. Settle in for a good night’s sleep at Stoney Creek Hotel in Onalaska.

Day two begins with a guided tour of the city of La Crosse where you will see the “World’s Largest Six-Pak” and historic mansions. Visit the Chapels of St. Rose, architectural and artistic treasures which have been featured on national and regional television. Your guided tour will highlight the unique features of these exquisite chapels. We will also stop at Pleashioning Gourmet Seasonings; enjoy the breath-taking view from Granddad Bluff, voted most scenic overlook in Wisconsin; and take a trip down memory lane at Dahl Auto Museum. Lunch will follow during a 3-hour cruise aboard the beautiful La Crosse Queen, one of a few authentic Mississippi River paddlewheels still in operation in the United States. *Trip includes 4 meals.*

$219*
2 Days—1 Night *Double

Upcoming Day Trips

- Green Bay New Zoo and Bay Beach —
  Wednesday, July 22; $36
- Arlington Horse Races —
  Thursday, July 30; $55
- North Star Casino —
  Dinner at Schwarz’s (included)
  Wednesday, August 19; $54
- West Side Story, Fireside Theatre —
  Wednesday, October 7; $95 (lunch included)
- Keshena Casino —
  Dinner at Jim & Linda’s (included)
  Thursday, October 29; $54
- Dancing Horses/Birds Holiday Show —
  Wednesday, November 18; $90 (lunch included)
- Oneida Casino —
  Mystery restaurant (dinner included)
  Tuesday, November 24; $54
- A Wonderful Life, Fireside Theatre —
  Tuesday, December 15; $95 (lunch included)
Happy Travelers presents

Best of Italy
November 3–11
Featuring Rome, Pompeii, Sorrento, Tuscany and 4 nights in Florence

Tour Highlights:
• 4 Nights in Florence
• 3 Nights in Rome
• Florence City Tour
• Academy Gallery—Statue of David
• Assisi Tour
• Basilica of St. Francis
• Leaning Tower of Pisa
• Lucca’s Old Town
• Siena Tour
• Rome City Tour
• Treasures of the Vatican Museum
• St. Peter’s Basilica
• Roman Farewell Dinner
• VenicePompeii
• Amalfi Coast

$3,499 per person double occupancy

Happy Travelers presents

Your Hawaiian Adventure
features the three islands of Oahu, Kauai and Maui
January 28–February 6, 2016

With optional 2-night big island post tour extension.

Highlights Include:
• Waikiki Beach
• Pearl Harbor
• Oahu’s North Shore
• Kilohana Plantation
• Waimea Canyon
• Kauai Coffee Company
• Iao Valley Monument
• Lahaina,
• Polynesian Luau
• Optional day adventures available

$4,849 per person double occupancy

Book Now & Save $100 per person!* through 7/28/15

Pick up a brochure in the Happy Travelers office.
Services & Reminders

THIS ‘n THAT
Craft & Gift Shoppe
OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.
Or by appointment evenings & weekends!

Great Gifts for Dad!

Father’s Day is June 21st

We have a nice selection of handmade gifts for Father’s day.

Stop in and visit with our friendly volunteers and pick up something nice for yourself or a special man in your life.

REMINDER . . .

Please remember to sign in when you are at the Senior Center. We want to know how many people are here on any given day enjoying our programs and activities and also want to be sure the numbers we report are accurate.

SUMMER REMINDER...

Bring a sweater with you

Just a little reminder to please bring a sweater with you when you come for activities this summer. We try to keep the room temperatures comfortable, but what’s comfortable to one person may be too cool for another. Please remember to dress for air conditioning, not the weather outside. It’s best if you dress in layers.

• Free computer/Internet access in the lab & lobby for Friends members only
• Information or referrals on many senior citizen related topics
• Car Fit service available by appt.—you can have a perfect fit to your car
• Photo copies 5¢ each page; FAX send/receive; Laminating available
• Notary services are available by appointment
• Document shredder available for your use
• Income tax assistance (free) during tax season
• Books, magazines, puzzles, videos available to borrow 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.
  Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.
• 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.
# 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.

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<th>CITY RESIDENT?</th>
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☐ I’D LIKE TO GO GREEN! **RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE**

**CHOICE OF SUPPORT:**

☐ $10.00 Single  ☐ $15.00 Couple (Husband and Wife)

☐ $____  **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**

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<td>☐ NEW 2015 Member ☐ Renewal</td>
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☐ FANASTATIC 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

June 2015 Newsletter

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## Fond du Lac Senior Center

**151 E. First Street**  
Fond du Lac, WI 54935

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<tr>
<th>STAFF</th>
<th>FRIENDS BOARD OF DIRECTORS</th>
<th>SENIOR CITIZEN ADVISORY COMMITTEE</th>
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<tr>
<td><strong>DIRECTOR</strong></td>
<td>Joanne Bunkelman</td>
<td>Ruth Dauterman</td>
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<td>Cathy Loomans</td>
<td>Robert Katzfey</td>
<td>Barbara Lukas, Chair</td>
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<td>322-3630</td>
<td>Mary Kind</td>
<td>Councilman Gary Miller</td>
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<td>Mary Weber</td>
<td>Ruth Smith</td>
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**CRAFT SHOPPE COORDINATOR**  
Pat Lefeber 322-3638

**BOOKKEEPER**  
Pat Heyer 322-3639

**OFFICE ASSISTANT**  
Katie Fischer 322-3639

**PROGRAM COORDINATOR**  
Catherine Halfmann 322-3633

**MARKETING/FUND COORDINATOR**  
Joan Brezinsky 322-3640

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

**Wisconsin Association of Senior Centers**

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**MISSION**

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

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**VISION**

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