

# Among Friends



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

## MARCH 2016

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

## Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits?

Meet the many faces and levels of health care at this monthly FREE workshop. Be prepared for the aging process and know the resources available to help you stay independent. Workshops will be held the second Thursday in April, May, June, July and August. For a complete listing of topics and speakers, please see page 7.

**Space is limited to 60 participants.** Call 920-322-3630 to reserve your seat!

Thursday, April 14; 1:30—3:00 p.m.

### Understanding the Legal and Financial Aspects of Aging



Mike Gibbs, Attorney

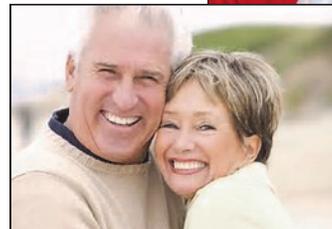
Topic: Legal Planning for Health & Finance

Teresa Westing, Advanced Funeral Planning Specialist, Uecker Witt Funeral Home

Topic: Funeral Planning: Costs & Preplanning

Deb Winterhack, Generations Home Care & Hospice

Topic: Understanding Five Wishes, Aurora Health Care



Senior Wellness  
Coalition

Call (920) 322-3630 by April 7  
to reserve your seat!

2016



A Free Monthly Publication  
Vol. 7 • No. 3

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### Fond du Lac Senior Center

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

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at the Center. Visit us online at [www.fdlSeniorcenter.com](http://www.fdlSeniorcenter.com)*

### Newcomer Tour

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



A while back I read an article whose author was not fond of the concept of “aging successfully”. The focus of the article was that we don’t talk about teenagers aging successfully, or people in their 30’s or 40’s aging successfully, so why do we talk about Baby Boomers and older adults aging successfully? I was at a training last week that talked in great detail about this and I found the statistics very interesting.

In 1950 when a man reached the age of 65, his life expectancy was 78 years of age and he could expect to live 6.5 of those years in good health. A woman at age 65 had a life expectancy of 81 years of age and she could expect to live 8.1 of those years in good health. Compare that to today where a 65 year old man can expect 13.9 years of good health with a life expectancy of 84 years, and a woman can expect 15.3 years of good health and a life expectancy of 86 years. Part of the idea of aging successfully is figuring out how to make the most out of these “bonus years” of good health after retirement.

Because we are always looking for new and innovative programs to offer at the Center, I was very interested when I was introduced to the National Council on Aging’s (NCOA) Aging Mastery Program®. The Aging Mastery Program® (AMP) is a comprehensive and fun approach to aging well that encourages people to take actions to enhance their health, financial well-being, social connectedness, and overall quality of life. Participants in AMP go through a 10 class program with optional elective classes and activities. In 2015 the AMP classes were available in 5 states in the US.

The exciting news is that in 2016, The National Council on Aging, together with the Greater Wisconsin Agency on Aging Resources (GWAAR) offered 13 grants to communities in Wisconsin, Minnesota and Washington to start the Aging Mastery Program®. Even more exciting is that our application was selected as a grant recipient! The training I mentioned was the kick off to this program.

The Aging Mastery Program® is an approach to living that celebrates the gift of longevity. I am so excited that we are going to be on the forefront of this new and innovative movement and I invite you to watch for more details and a chance to sign up to participate in our pilot program later this spring.

I look forward to “AMPing” things up with you!

*Cathy*

## BRAT FRY WORKERS WANTED!



We need LOTS of volunteers—about 100—for this annual fundraiser at Piggly Wiggly. If you're willing to help serve or grill, please call the Senior Center at 322-3630. Please check your calendar to see if you can help with a 3-hour shift on one of the following dates:

### 2016 Brat Fry Schedule at Piggly Wiggly

1st Weekend	2nd Weekend	3rd Weekend
Friday, April 29	Friday, May 6	Friday, May 13
Saturday, April 30	Saturday, May 7	Saturday, May 14
Sunday, May 1		Sunday, May 15

#### Newsletter Crew

Editor..... Cathy Loomans  
Coordinator.....Joan Brezinsky  
Mail Crew.....20+ volunteers!

#### Newsletter Deadline

The deadline to submit something for the April *Among Friends* newsletter is Wednesday, March 2, 2016. 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 *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.



*Sponsored by Smith & Hatch Insurance.*

# Programs & Activities

## Looking for a place to sit and chat? Visit our Coffee Corner!

Enjoy a steaming hot beverage from our Coffee Corner! Relax and enjoy your coffee in our newly remodeled conference room when it's not being used for a meeting.

### Enjoy a freshly brewed:



- Hot Cocoa
- Coffee
- Cappuccino
- Latte

**Only \$1!**

## St. Patrick's Day Celebration

Thursday, March 17



Mischievous Leprechauns have hidden coins around the Center. If you find one on St. Patrick's Day, you can trade it in for a cupcake!

## Opening Day Brewer Bash!

Monday, April 4  
1:00—4:00 p.m.



Bring your friends to the Center on opening day to watch the Brewers and munch on peanuts and popcorn. We'll have snacks in the conference room and you can watch the game in room 4.

**Go Brewers!**



## Artist of the Month

March: Delores Rozek

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!

## Easter Extravaganza

Thursday, March 24; 3:30—4:30

Hop into the Senior Center with your grandchildren or other special youngster for our Easter Extravaganza!

The children will enjoy an Easter egg hunt, fun Easter craft, a snack and even a visit from the Easter Bunny herself!

To register for the Easter Extravaganza you must call 322-3630 by Monday, March 21.



## "Is there Life After Football? Surviving the NFL"

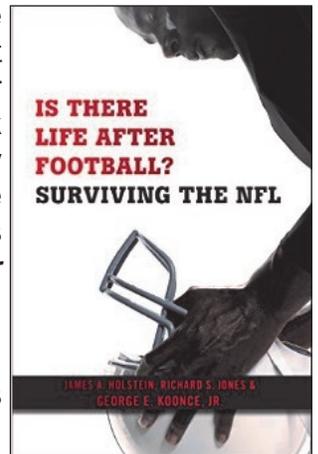
Presented by author Dr. George Koonce  
Thursday, April 14; 1:00 p.m.

Dr. George Koonce, Vice President of Advancement at Marian University and former Green Bay Packer, will talk about his life as a Green Bay Packer, his transition into life outside of the NFL, and his book, *"Is there Life After Football? Surviving the NFL."*

In his book, former football players discuss their lives while playing the sport and also the challenges they face

after their football days are over. From players who make reckless financial investments during their very few high-earning years, to players who struggle to form personal and professional relationships outside of football, the stories in the book put a human face on the realities of professional football.

Call 322-3640 to register for this presentation.



## Volunteers are "Souper" Luncheon

Thursday, April 28  
11:00 a.m.-2:00 p.m.



If you volunteer at the Center, we'd like to thank you for your help and invite you to attend our Volunteers are Souper Luncheon. Soup, sandwiches and desserts will be served.

Please call 322-3630 to register.

*Senior Center volunteers are "Souper"!*

## Upcoming Umbrella Brigade Performance



The Red Hatter's Umbrella Brigade will be spreading a little sunshine on the following date:

- Wednesday, March 30; 2:00 p.m. at Grancare

*These ladies and their performance will make you smile!*

## FREE TAX ASSISTANCE

The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, & Thursdays 8:30 a.m.—4:30 p.m. Appointments will be available from Tuesday, February 2 through Wednesday, April 13.



The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance, and free e-filing, to low-to-moderate income taxpayers - with emphasis on those over 60.

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

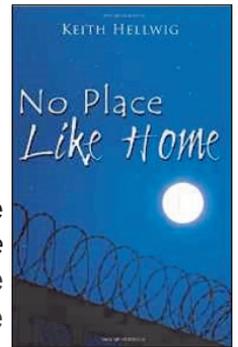
**Call 322-3630 to make an appointment.**

## "No Place Like Home"

Presented by Keith Hellwig

Thursday, March 31

2:00-3:00 p.m.



Author Keith Hellwig will be here talking about his book "No Place Like Homes." Most of what the public thinks it knows about the people inside prisons -- the officers and the inmates -- is simplistic and distorted. "No Place Like Home" takes place during a one-day hostage crisis in a state prison. A prison officer is one of the hostages, and the story is told almost entirely from his point of view. Through flashbacks, the reader learns of the characters' pasts, and much about the day-to-day routine inside a state prison. The lives of the characters is expanded upon so the reader knows them as much more than officer and inmates.

The book's perspective of "someone who has been there," brings out both the comedy and tragedy of today's prisons and the people that work and live in them.

**Call 322-3630 to reserve your spot.**

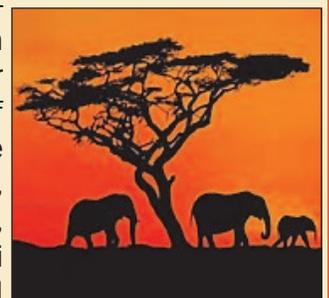
## AFRICAN SAFARI PRESENTATION

"A Serengeti Safari - Tourists, Terrorists, and Ebola"

Thursday, March 10; 1:30 p.m.

Presented by author Karl Stewart

Over the course of a three-week safari to Tanzania in November and December 2015, a small group of tourists camped on the slopes of Mount Kilimanjaro, tented in the Serengeti, visited traditional Maasai villages, and a local



elementary school. They also observed an incredible array of wildlife that may be disappearing from the earth. Karl Stewart, author of the award-winning book, "Devil's Backbone," will present a visual overview of this safari to East Africa. Come, hear, and see what has happened, what is currently happening, and projections for the future of the area.

**Call 322-3630 to register for this presentation.**

# Programs & Activities

## Need help with your smartphone, Kindle, tablet, etc.?

Come to  
**TECH TYME!**

Thursdays, 1:00—3:00 p.m.



Moraine Park Technical College IT Club members are volunteering their time to provide 1-on-1 technology support at the Senior Center. If you have questions on how to use your smartphone, Kindle, tablet, etc., stop in anytime between 1-3 p.m. on Thursdays.

## Pi Day 3-14

Monday, March 14  
10 a.m.—2 p.m.

PI DAY  
Pie Party!



Stop in for a piece of pie in our new conference room!



Coffee & Conversation

With Sarah Olson the first Friday of each month

Friday, March 4

9:00—10:00 a.m.

Friday, April 1

9:00—10:00 a.m.

Join “Queen” Sarah and your friends at the Senior Center the first Friday of every month from 9-10 a.m. for coffee, donuts, good conversation and a few laughs.

## Friends of the Fond du Lac Senior Center



## DINE OUT COUPON BOOK

Discounts on dining all year long!

*Purchase in Brown Paper Packages Gift Shop—Cost: \$7*

Coupon books also available at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank, KFIZ, Philly's on 4th and Pump 'n Pantry

*Thanks to these local restaurants and businesses for their participation in this year's coupon book:*

▪ A&W Drive-In (2) ▪ Ala Roma Italian Pizzeria & Pub ▪ Ang N Eddies ▪ Backyard Grill & Bar ▪ Bagelmeister ▪ Benvenuto's ▪ Blanck's Supper Club—Johnsburg ▪ Blanck's Lake Aire Supper Club ▪ Boda's (2) ▪ Capone's ▪ Casa del Tequila ▪ Coliseum Sports Bar & Grill ▪ Cool River Sports Grill ▪ Dairy Queen East ▪ Dillion's—Ledgview Lanes (2) ▪ Eden Café and Eden Grill in Taycheedah ▪ Fat Joe's ▪ Friar Tuck's ▪ Gille's Frozen Custard Drive-In ▪ Gino's Italian Restaurant ▪ Green Dragon Brewpub ▪ Mancino's (2) ▪ Oak Central ▪ Philly's on 4th (2) ▪ Philly's on the Miracle Mile (2) ▪ Pioneer Pit Stop ▪ Pump & Pantry ▪ Red Cabin at Green Acres ▪ Rolling Meadows Family Restaurant (2) ▪ Salty's Seafood & Spirits ▪ Schmitt's Bar & Grill (2) ▪ Schreiner's Restaurant ▪ Sebastian's Steak House ▪ Sombrero's ▪ Subway ▪ Sunset on the Water ▪ Taco Johns ▪ Tuckers (2) ▪ Urban Fuel ▪ The Welsch (2) ▪ Wendt's On the Lake

**SPECIAL THANKS to GRANDE CHEESE**  
for their generous contribution toward the printing of this year's book.



## 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.

## Peeps Party!

Wednesday, March 16; 12 noon

Pizza Ranch (Dutch treat)

1235 W. Johnson St. (in front of Menards)

Prizes will be awarded for the best Peeps creations. Please consider entering with one of your own. Lots of neat ones were entered last year—give it a try!

Register by Monday, March 14  
at the front desk.



# Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits?

Meet the many faces and levels of health care at this monthly **FREE\*** workshop. Be prepared for the aging process and know the resources available to help you stay independent. **Limit 60 participants.**

Call **(920) 322-3630** by **Thursday, April 7, 2016** to reserve your seat!

## Thursday, April 14 @ 1:30—3:00 p.m.

### **Understanding the Legal and Financial Aspects of Aging**

Mike Gibbs, Attorney

Topic: Legal Planning for Health & Finance

Teresa Westing, Advanced Funeral Planning Specialist, Uecker Witt Funeral Home

Topic: Funeral Planning: Costs & Preplanning

Deb Winterhack, Generations Home Care & Hospice

Topic: Understanding Five Wishes, Aurora Health Care

## Thursday, May 12 @ 1:30—3:00 p.m.

### **Navigating through the ADRC & City/County Programs**

Sandy Tryon, Fond du Lac County ADRC

Topic: Navigating the Aging & Disability Resource Center Community Cares Inc. and Lakeland Care District

Topic: Navigating & Understanding Family Care

Rick Patton, Department of Veteran Services

Topic: Navigating V.A. Benefits

Julie Hilbert, Benefits Specialist; Fond du Lac County Senior Services

Topic: Insurance after Medicare

## Thursday, June 9 @ 1:30—3:00 a.m.

### **How Can I Stay in My Own Home?**

Above & Beyond Home Care Solutions;

Donna Yellen, Comfort Keepers

Topic: What is Non-Skilled Home Care?

Deb Winterhack, Generations Home Care & Hospice; Rehab Aricse

Topic: What are Medical Home Care Options?

Kathy Kempf, Agnesian Adult Day

Topic: Adult Day Services

Bluestone Group

Topic: Visiting Physicians

Tanya Taylor, Agnesian Health Shoppe

Topic: Durable Medical Equipment

Lori Anderson, Fond du Lac County Senior Services

Topic: Senior Services & Meals on Wheels

\*Participants must attend all sessions, lunch will be provided

## Thursday, July 14 @ 1:30—3:00 p.m.

### **When Home is No Longer an Option**

Ann Calnin, Residential Services, Inc.

Topic: What is Assisted Living?

Tina Hittman, ManorCare; Jody Goebel, Harbor Haven

Topic: What is Skilled Nursing & Rehabilitation, How do I pay for it?

## Thursday, August 11 @ 1:30—3:00 p.m.

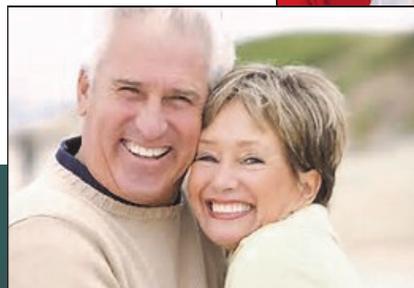
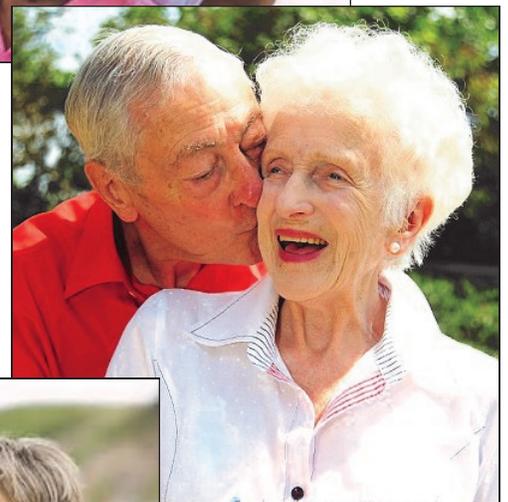
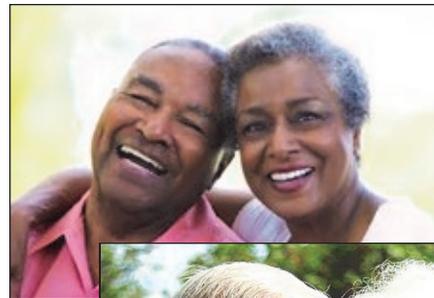
### **Who will Be my Voice?**

Deb Winterhack, Generations Home Health & Hospice;

Bryan Johnson, Heartland Hospice

Topic: Understanding End of Life Choices:

The role of hospice & passing the torch



# 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 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: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

## BOOK CLUB

**3rd Monday at 9:30 a.m.**

**March 21** *Once Upon a Time There Was You*  
by Elizabeth Berg

**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**

*(subs needed)*

**Thursdays: 12:30 p.m. Advanced**

*For information or to play, call Judy Rupp at 920-477-3021.*

## CANASTA

**1st, 3rd & 5th Wednesdays at 12:00 p.m.**

## CHORUS

*Red Hat Honeys*

**Fridays at 10:00 a.m.**

## COIN CLUB

**2nd Tuesday at 6:00 p.m.**

## EUCHRE

**Mondays at 1:00 p.m.**

## DANCES

\$4.00 donation

**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.**

## 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**

**9-Ball Weds.**

## QUILTING

*Flying Geese Quilting Club*

**1st Thursday at 1 p.m.**

*Call Nancy at 923-4494 for information.*

*Sunset Stitchers Quilt Guild*

**2nd Thursday at 7:00 p.m.**

*Call Laura at 923-1693 for information.*

## RED HAT HONEYS

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

## ROMEOS

*All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!*

**Thursday, March 3 at Boda's**

**Call the Center to pre-register!**

## SCAMP (Senior Center Band)

**Wednesdays at 8:30 a.m.**

## SCRAPBOOK CLUB

**First three Thursdays at 10:00 a.m.**

## Char-tastic Crafters

**1st & 3rd Thursday from 6–8 p.m.**

## SHEEPSHEAD

\$1.50

**Mondays at 1:15 p.m.**

*Jack of Diamonds*

**Wednesdays and Fridays at 1:15 p.m.**

*Black Queens*

## RECREATIONAL SHEEPSHEAD

**Wednesdays at 1 p.m.**

## SKAT

**Tuesdays at 8:00 a.m.**

## STITCHERY

**Tuesdays at 1 p.m.**

## SUPPER CLUB

**Dutch Treat. Everyone welcome!**

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

**Saturday, March 19**

**Sunset**

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

## TOPS (Take Off Pounds Sensibly)

**Chapter #0566**

**Thursdays at 6:00 p.m.**

## Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September–April)

Subs also needed for league play

## WINNEBAGO WOODWORKERS

**2nd Tuesday from 6:00–8:00 p.m.**

General meeting held at the FDL Senior Center

**Other Tuesdays from 6:00–8:00 p.m.**

Workshop meetings at Horace Mann High School, North Fond du Lac.

*Call Dave Jackson at 923-5233 for more info.*

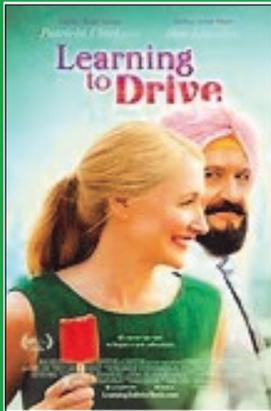
## WOODCARVERS GROUP

**Mondays at 9:00 a.m.**

## WRITERS GROUP

**Fridays at 1:00 p.m.**

*The Memories Writers meet to share and preserve life experiences and family history. New members welcome!*



## “Learning to Drive”

**Thursday, February 11 and Wednesday, February 24**

**11:45 a.m. Lunch (optional); 12:30 p.m. Movie**

**February 11 Menu:** Hamburger on a bun, cheesy potato bake, corn, cantaloupe slice, ice cream cup

**February 24 Menu:** Baked chicken, twice baked style potato, copper penny salad, cinnamon roll, pineapple tidbits, sliced bread

*2014 movie; 1 hr 30 mins; R, Starring: Sir Ben Kingsley and Patricia Clarkson*

As her marriage dissolves, a Manhattan writer takes driving lessons from a Sikh instructor with marriage troubles of his own. In each other's company they find the courage to get back on the road and the strength to take the wheel.

**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.***

## Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!



- **Tuesday mornings 9-10 a.m.**

\$45 for 8 class punch card

Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, call 322-3630.

**Bike rides coming  
in April!**

**Watch the  
newsletter for  
details.**



## CHAIR EXERCISE CLASSES



**LOW IMPACT CHAIR  
EXERCISE**

*With Sarah Olson*

**Mondays 9:00–9:30 a.m.**

**CHAIR EXERCISE VIDEO**

**Wednesdays 9:45–10:15 a.m.**

*Men & Women Welcome!*

## OTHER EXERCISE

### Hikers

Tuesday & Thursday 10 a.m.

### Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

### Beginning Line Dancing

Saturdays 10:00—11:30 a.m.

\$7.50/ 3 weeks

### Water Exercise

Daily 8 a.m.

at the Aquatic Center, \$3.75 per session or \$60 for a 20x punch card.



## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Agnesian

**Friday, March 11; 9—10 a.m.** *2nd Friday of the month*

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

**Friday, March 11; 9—10 a.m.** *2nd Friday of the month*

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

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, April 8; 9—10 a.m.**

FREE Hearing Screenings and FREE Hearing Aid Cleanings  
Call 322-3630 for appointment. Donations accepted.

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

**Tuesday, May 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) - Cost \$25

Sponsored by FDL County Health Department

**Thursday, March 10, 17, 24**

Call 322-3630 for an appointment.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

**Renee Waters**, Certified Massage Therapist & Naturopath;

Owner of Country Doctor

**Tuesday, March 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, May 10; from 8:30 — 11 a.m.**

*2nd Tuesday in May & November* Cost: \$45. Call 322-3630 for appointment.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, February 25; 6:30—8:00 p.m.** *(4th Thursday)*

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

### DIABETIC SUPPORT GROUP

**Tuesday, February 16; 4:00—5:00 p.m.** *(3rd Tuesday)*

Aurora Health Care Center, 210 American Drive  
~ American Room

### PARKINSON'S SUPPORT GROUP

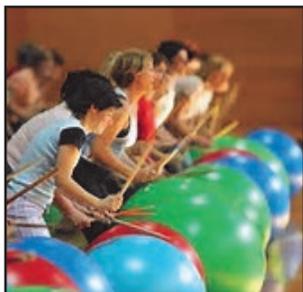
**Monday, February 8; 10:00—11:00 a.m.** *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER SUPPORT GROUP

**Tuesday, February 9; 8:30 a.m.** *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.



## Cardio Drumming

Mondays 3–4 p.m.  
8 classes for \$24

Cardio drumming brings the fun back into fitness! Drumming classes provide effective workouts for every fitness level. Pounding drumsticks on exercise balls and clinking them overhead to music releases stress and is a great full-body workout.

One of the best reasons to drum is that anyone can do it...there is no wrong or right way to drum. Just come and have fun!

Purchase a punch card good for 8 classes for \$24.  
Call 322-3630 for details!

Colorectal Cancer Awareness Month

preventable • treatable • beatable

## Reminder to Walking to Memphis Participants . . .

During the month of March, the Fond du Lac Lutheran Home's Wellness Center is available to you free of charge! The Forest Mall is also a great place to get your steps in if the weather outside isn't cooperating! Remember to record your steps every day and turn them in at the end of each week.



## INDOOR PICKLEBALL

Now available at the Center!

It's great exercise and lot's of fun! Call Sarah at 322-3641 to schedule a time to play.

## Senior Outreach Program

Reaching Out – Touching Lives



### Community Cares



Volunteers will visit **Touchstone, 300 Winnebago Street, North Fond du Lac, Tuesday, March 22, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.

### Senior Outreach Program

Outreach volunteers will meet on **Thursday, March 3 at 9:00 a.m.** to provide each other support, address any concerns and share success stories.



We will have a **resource building session at 10:00 a.m.**

**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

# MARCH



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**OFFSITE SUPPORT GROUPS**  
**3/8** 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant  
**3/14** 10:00 Parkinson's Support Group- Aurora Health Care  
**3/15** 4:00 Diabetic Support Group at Aurora Health Care Center

**\*\* All Orange Events are held Offsite**

Billiard Room open 8-4:30 daily except during league time

**1** **8:00 Tax Aide Appts.**  
 8:00 Skat  
 8:30 Pool League 8 Ball  
 9:00 Tai Chi  
**9:00 AARP Board Meeting**  
**10:00 Hiking**  
 10:00 Acrylic & Oil Painting Class  
 10:00 Singing  
 12:30 Bridge  
 1:00 Bingo  
 1:00 Stitchery Group  
 1:00 Drawing & Watercolor Class  
 3:00 Mixed Media Art Class  
**6:00 Winnebago Woodworkers at Horace Mann High School**  
**6:30 Senior Dining-Schreiner's Social at 5:30**

**2** **8:00 Tax Aide Appts.**  
 8:30 Pool League 9 Ball  
 8:30 SCAMP  
 9:00 Hand Chimes  
 9:45 Video Chair Exercise  
  
 12:00 Hand & Foot  
 12:00 Canasta  
 1:00 Recreational Sheephead  
 1:15 Sheephead  
  
 7:30 Wed Night Dance

**3** **8:00 Tax Aide Appts.**  
 9:00 Senior Outreach  
 9:00 Hand Chimes  
**10:00 Hiking**  
 10:00 Scrapbooking  
 10:00 Beginning Bridge  
  
**12:00 ROMEO'S Bodas**  
 12:30 Bridge  
 1:00 Flying Geese Quilters  
 1:00 Tech Tyme  
  
 5:45 TOPS #0566  
 6:00 Country Line Dancing  
 6:00 Chartastics Scrapbook Club

**4** **8:00 Tax Aide Appts.**  
**9:00 Coffee & Conversation**  
 10:00 Red Hat Chorus  
 10:00 Dominoes  
  
 12:30 Wii Bowling  
 1:00 Memories Writers Group  
 1:15 Sheephead  
  
**5 Saturday**  
 10:00 Beg. Country Line Dance

**6 Sunday**

**7**  
 9:00 Low Impact Chair Exercise  
 9:00 Woodcarving Club  
  
 1:00 Euchre  
 1:00 German Club  
 1:00 Poker  
 1:15 Sheephead  
 3:00 Cardio Drumming

**8** **8:00 Tax Aide Appts.**  
 8:00 Skat  
 8:30 Pool League 8 Ball  
 9:00 Tai Chi  
**10:00 Hiking**  
 10:00 Acrylic & Oil Painting Class  
 10:00 Singing  
 12:30 Bridge  
 1:00 Bingo  
 1:00 Stitchery Group  
 1:00 Drawing & Watercolor Class  
 3:00 Mixed Media Art Class  
 6:00 Winnebago Woodworkers  
 6:00 Coin Club  
**6:30 Senior Dining-Paddy's Social at 5:30**

**9** **8:00 Tax Aide Appts.**  
 8:30 Pool League 9 Ball  
 8:30 SCAMP  
 9:00 Hand Chimes  
 9:45 Video Chair Exercise  
**11:30 Happy Travelers Holland Trip Meeting**  
  
 12:00 Hand & Foot  
**12:30 Movie-"The Martian"**  
 1:00 Recreational Sheephead  
 1:15 Sheephead  
  
 7:30 Wed Night Dance

**10** **8:00 Tax Aide Appts.**  
 9:00 Foot Care  
 9:00 Hand Chimes  
 9:00 Senior Outreach Advisory  
**10:00 Hiking**  
 10:00 Scrapbooking  
 10:00 Beginning Bridge  
 12:30 Bridge  
 1:00 Tech Tyme  
**1:30 Karl Stewart-African Safari Presentation**  
 5:45 TOPS #0566  
 6:00 Country Line Dancing  
 7:00 Sunset Stitches  
 Happy Travelers Trip-Oneida Casino and dinner at Schwarz's

**11**  
 9:00 Health Screenings  
 10:00 Red Hat Chorus  
 10:00 Dominoes  
  
 12:30 Wii Bowling  
 1:00 Memories Writers Group  
 1:15 Sheephead  
  
**12 Saturday**  
 10:00 Beg. Country Line Dance

**13 Sunday**

6:00 Model Railroad

**14**  
 9:00 Low Impact Chair Exercise  
 9:00 Woodcarving Club  
**10:00 Pi Day Pie Party**  
  
 1:00 Euchre  
 1:00 German Club  
 1:00 Poker

**15** **8:00 Tax Aide Appts.**  
 8:00 Skat  
 8:30 Pool League 8 Ball  
 9:00 Tai Chi  
**10:00 Hiking**  
 10:00 Acrylic & Oil Painting Class  
 12:30 Bridge

**16** **8:00 Tax Aide Appts.**  
 8:30 Pool League 9 Ball  
 8:30 SCAMP  
 9:00 Hand Chimes  
 9:45 Video Chair Exercise  
  
**12:00 Red Hat's Peep's Party At Pizza Ranch**

**17** **8:00 Tax Aide Appts.**  
**St. Patrick's Day Coins for Cupcakes**  
 9:00 Hand Chimes  
 9:00 Foot Care  
**10:00 Hiking**  
 10:00 Scrapbooking  
 10:00 Beginning Bridge

**18**  
 10:00 Red Hat Chorus  
 10:00 Dominoes  
  
 12:30 Wii Bowling  
 1:00 Memories Writers Group  
 1:15 Sheephead

<p>1:15 Sheepshead 3:00 Cardio Drumming</p> <p>6:30 FDL Area Writers Club 6:30 FDL Area Concert Assoc</p>	<p>1:00 Bingo 1:00 Stitchery Group 1:00 Drawing &amp; Watercolor Class 3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining- Sebastian's Social at 5:30</p>	<p>12:00 Hand &amp; Foot 12:00 Canasta 1:00 Recreational Sheepshead 1:15 Sheepshead</p> <p>7:30 Wed Night Dance</p>	<p>12:30 Bridge 1:00 Tech Tyme 1:00 Happy Traveler's Preview 1:30 AARP</p> <p>5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook</p>	<p>Happy Travelers Trip-Chicago Flower Show</p> <p>19 Saturday 10:00-2:00 Gift Shop Open 10:00 Beg. Country Line Dance 5:00 Supper Club—Sunset Social 5:00; Dinner 5:30</p> <p>20 Sunday</p>
<p>21 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming</p>	<p>22 8:00 Tax Aide Appts. 8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic &amp; Oil Painting Class</p> <p>12:00 Massage 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing &amp; Watercolor Class 2:00 Community Cares at Touchstone 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Green Dragon Social at 5:30</p>	<p>23 8:00 Tax Aide Appts. 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p> <p>12:00 Hand &amp; Foot 1:00 Recreational Sheepshead 1:15 Sheepshead 1:00 Umbrella Brigade 7:30 Wed Night Dance</p>	<p>24 8:00 Tax Aide Appts. 9:00 Foot Care 9:00 Hand Chimes 10:00 Hiking 10:00 Beginning Bridge</p> <p>12:30 Bridge 12:30 Movie- "The Martian" 1:00 Tech Tyme 1:00 SALT/TRIAD 3:30 Easter Eggsstravaganza</p> <p>5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group</p>	<p>25 9:00 Friends Board 10:00 Red Hat Chorus 10:00 Dominoes 12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead</p> <p>26 Saturday Happy Travelers Holland and Belgium Tulip River Cruise departs</p> <p>27 Sunday</p>
<p>28 8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming</p>	<p>29 8:00 Tax Aide Appts. 8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking</p> <p>12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Gino's Social at 5:30</p>	<p>30 8:00 Tax Aide Appts. 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p> <p>12:00 Hand &amp; Foot 1:00 Canasta 1:15 Sheepshead 2:00 Umbrella Brigade at Grancare 7:30 Wed Night Dance</p>	<p>31 8:00 Tax Aide Appts. 9:00 Hand Chimes 10:00 Hiking 10:00 Beginning Bridge</p> <p>12:30 Bridge 1:00 Tech Tyme 2:00 Author Keith Hellwig— Presentation "No Place Like Home" 5:45 TOPS #0566</p>	<p><b>LET'S DO LUNCH!</b> The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served <b>Monday—Thursday at 11:45 a.m.</b>, 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.</p>

# WE'VE GOT CLASS! REGISTER NOW!



**MORAINÉ**  
PARK  
TECHNICAL COLLEGE



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

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

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

## MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
<b>COMPUTER BASICS 1</b>						<b>*Each student is required to bring a jump drive to class</b>		
103-483-30998	M, W	Apr 18, 20, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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.								
<b>COMPUTER BASICS 2</b>						<b>*Each student is required to bring a jump drive to class</b>		
103-485-31000	M, W	Apr 27, May 2, 4, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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.								
<b>COMPUTER BASICS 3</b>						<b>*Each student is required to bring a jump drive to class</b>		
103-490-31002	M, W	May 9, 11, 16, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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.								
<b>COMPUTER BASICS 4</b>						<b>*Each student is required to bring a jump drive to class</b>		
103-491-31003	M, W	May 18, 23, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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. Text book optional.								
<b>IS AN iPad OR TABLET RIGHT FOR YOU?</b>								
103-606-31233	T	April 19, 2016	1 day	9 a.m.—Noon	3 hours	S. Markfort	\$25.90	\$20.55
With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you—and if so, which one.								

## BASIC MICROSOFT EXCEL

103-453-30999	T	April 26, May 3, 10, 2016	3 days	1:00-4:00 p.m.	9 hours	TBD	\$4.50	\$36.60
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions onto a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Textbook recommended.

## SETTING UP A FACEBOOK PROFILE

103-678-30909	R	April 28, 2016	1 day	1:00-5:00 p.m.	4 hours	K. Kraft	\$20.55	\$25.90
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

## CONNECTING ON FACEBOOK

103-679-30917	R	May 12, 2016	1 day	8:00 a.m.—Noon	4 hours	M. Aleithe	\$20.55	\$25.90
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.

**NOTE: Because the Senior Center's computer lab is used for tax preparation, we are unable to schedule MPTC classes during that time. Computer Basic and other classes will be offered at Moraine Park's Fond du Lac Campus. Call 922-8611 for class schedules.**

# Art & Recreation Classes

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

Class	Day	Time	Cost
<b>Acrylic &amp; Oil Painting</b>	Tuesdays	10—noon	\$16 for 4 class punch card
March 1, 8, 15, 22 (no class March 29); April 5, 12, 19, 26			
<b>Drawing &amp; Watercolor</b>	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
March 1, 8, 15, 22 (no class March 29); April 5, 12, 19, 26			
<b>Mixed Media</b>	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
March 1, 8, 15, 22 (no class March 29); April 5, 12, 19, 26			
<b>Country Line Dancing</b>	Thursdays	6—7:30 pm	\$10 for 4 class punch card
March 3, 10, 17, 24; April 7, 14, 21, 28			
<b>Beg. Country Line Dancing</b>	Saturdays	10:00—11:30 am	\$7.50 for 3 class punch card
March 5, 12, 19; April 9, 16, 23			
<b>Open Sewing Lab</b>	Wednesdays	3:30—6:30 p.m.	\$15 for a 5 class punch card
Watch newsletter for next session coming spring 2016			
<b>Singing</b>	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 class punch card
April 5, 12, 19, 26, May 3, 10			



Keep up with Senior Center news and activities, like us on Facebook!

# Brown Paper Packages Gift Shop

... offering your favorite things.

## NEW SPRING MERCHANDISE ARRIVING IN MARCH!

Celebrate spring and freshen up your home with a little something from Brown Paper Packages Gift Shop. You're sure to find a "few of your favorite things"!

## NEW COFFEE CORNER!

Stop in for a freshly brewed cup of:

- Hot Cocoa
- Cappuccino
- Coffee
- Latte

Only \$1 per cup



## MAKE AND TAKE CLASSES

Starting in April.

More details coming soon!



Monday—Friday 10 a.m.—2 p.m.

Thursday 4—7 p.m.

3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3637

Open to the public— Located inside the Fond du Lac Senior Center



# Brain Games

**Phrase Scramble**—a phrase scramble is a group of words, all cut up and mixed up. Put the blocks in order to create a saying.

G E	I P	G ,	T A T	E G I	A N C	O F	D S
O T	R I C	O F	L E D	H E	E T	E D	U N
A L L	I T E	T H E	F L A	A M E	A		


Answer: I pledge allegiance to the flag, of the United States of America

## 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.

<b>March 1</b>	<b>Schreiner's</b>
<b>March 8</b>	<b>Paddy's</b>
<b>March 15</b>	<b>Sebastian's</b>
<b>March 22</b>	<b>Green Dragon</b>
<b>March 29</b>	<b>Gino's</b>

**A GREAT OPPORTUNITY TO SOCIALIZE  
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

## Senior Dining



Fellowship, Food & Fun

March 2016

## Fond du Lac County Senior Dining

*The Senior Center is now serving meals  
on Fridays. Come join us for lunch!*

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday** 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.



Register for lunch by calling 929-3937 at least one day in advance before 1 p.m.

**Complete menus are available at the front desk or our website: [fdlseniorcenter.com](http://fdlseniorcenter.com) and click on Services.**

- Tuesday, March 1: Chopped Steak in Burgundy Mushroom Sauce
- Wednesday, March 2: Ham Rolls
- Thursday, March 3: Chicken Cacciatore
- Friday, March 4: Seafood Creole over Brown Rice
- Monday, March 7: Pork Jaegerschnitzel
- Tuesday, March 8: Beef Stew
- Wednesday, March 9: Chicken Breast
- Thursday, March 10: Bratwurst on a Bun
- Friday, March 11: Tuna Casserole
- Monday, March 14: Baked Chicken
- Tuesday, March 15: Cranberry Pork Cutlet
- Wednesday, March 16: Salisbury Steak
- Thursday, March 17: Corned Beef
- Friday, March 18: Crispy Fish Fillet
- Monday, March 21: Lasagna Casserole
- Tuesday, March 22: Swedish Meatballs
- Wednesday, March 23: Pot Roast
- Thursday, March 24: Glazed Ham
- Friday, March 25: Closed—Good Friday
- Monday, March 28: Pork Loin
- Tuesday, March 29: Meatloaf
- Wednesday, March 30: Baked Chicken
- Thursday, March 31: BBQ Meatballs

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 for FREE
- Weight scale
- 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: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday 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.

**WE  
ARE  
HERE  
TO  
HELP**

# Happy Travelers

**Be a Happy Traveler... We're going places!**



**Mary Schneider, Travel Coordinator      Call 322-3635**

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

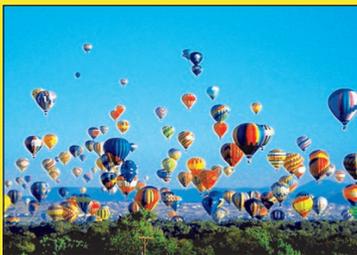
**Reminders:**

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

## ALBUQUERQUE BALLOON FIESTA

Collette Tours

**6 Day Trip; October 4—9, 2016**



Visit "the land of enchantment"! Albuquerque and Santa Fe are a wonderful blend of multiculturalism, natural beauty and

history. One of the highlights of our trip will be the Albuquerque International Balloon Fiesta. It's one of the most photographed events and a spectacular display of sound and color.

**\$2599**

Per person double occupancy

Hot new destination for Winter 2017 . . .

## TROPICAL COSTA RICA

Collette Tours

**January 9—17, 2017**



More details coming soon!

**\$2899** double



**Preview of these two exciting trips**

**Thursday, March 17, 1:00 p.m.**

**Call 322-3630 to register.**



## WASHINGTON, DC

with Diamond Tours

**April 21—28, 2016**

Two-day guided tour of Washington, DC featuring the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King Jr. National Memorial, the Lincoln Memorial, and more! Evening guided memorial and monument tour. Guided tour of Monticello home and grounds.

**\$739** Double

**8 Days—7 Nights**

## CHICAGO GUIDED TOUR OF THE CITY

Diamond Tour

**May 17—19, 2016**



Visit 360 Chicago, formerly the John Hancock observatory, for breathtaking views of the city, lakefront and four neighboring states; Navy Pier; Chicago's Money Museum; relax aboard an architectural cruise on the Chicago River; and much more!

**\$299** Double

**3 Days—2 Nights**

**Be a Happy Traveler... We're going places!**

## Chicago Flower Show

*Leave winter behind and come to the beautiful Chicago Flower & Garden Show!*

**Friday, March 18**

**8:00 a.m.—9:00 p.m., \$65 Dutch treat**



The Chicago Flower Show dates back to the 1800's and will feature more than 20 life-size gardens, daily seminars, workshops, DIY projects

and much more. Strolling through the themed gardens is a perfect way to get inspired for your own gardens!

Enjoy lunch on your own at one of the many restaurants on Navy Pier while taking in the sights of the lakefront and Chicago's magnificent skyline.



## Congratulations Bob Yockey

Bob recently won a certificate for an upcoming Happy Travelers trip to a Fireside Theatre show!



Not a Happy Traveler? Stop in and pick up a 2016 trip brochure and say "hi" to Mary and our friendly volunteers.

Happy Travelers makes discovering new places fun and easy!

*Join us, we're going places!*



## Oneida Casino

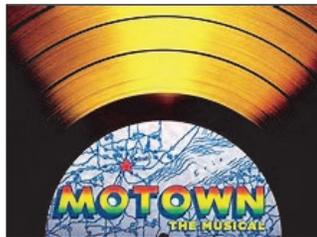
**Thursday, March 10**

**10:00 a.m.—6:30 p.m.**

**\$59 Dinner at Schwarz's incl.**

## Motown the Musical

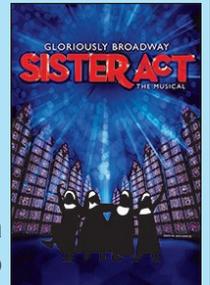
Appleton PAC  
Thursday, April 7  
6:00 p.m.—11:00 p.m.  
Two Tier Pricing:  
**\$72 & \$86 No meal**



Motown the Musical is a celebration of music! Filled with classic songs including: "My Girl," "What's Going On," "Dancing in the Street," "I Heard it through the Grape Vine" and dozens more.

## Sister Act

Fireside Theatre  
Thursday, May 12  
8:15 a.m.—6:00 p.m.  
**\$105 meal incl.**

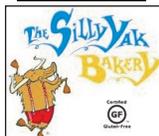


Enjoy this hilarious skit of Deloris, a Las Vegas lounge singer, who witnesses a murder and is forced to hide in a convent pretending to be a nun. This fast-paced comedy is filled with nuns, cops, gangsters, mistaken identities, comic chases, rapid fire jokes and a fabulous musical score.

## Cheese Heads "A Taste of Wisconsin"

Wednesday, April 13  
7:30 a.m.—6:00 p.m.; **\$65 meal incl.**  
**Come along for these tasty made-in-Wisconsin tours!**

- \* Alp & Dell Cheese Factory  
Monore, WI
- \* Minhas Brewery  
Monore, WI
- \* Silly Yak Bakery (Gluten-free)  
Madison, WI



## Mystery Trip

**2 Day Trip**  
Wednesday—Thursday  
July 27—28  
**\$206 double**  
**4 meals included**



Allow us to "allure" your curiosity. Good food, interesting sites and an overnight stay.

Our Mystery Trips always fill up fast and promise lots of adventure and fun.

# Announcements

## AARP MEETING



Thursday, March 17; 1:30 p.m.

Speaker: ??????,  
????????????????

AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public—all ages welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.

## TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, March 24; 1:00 p.m.

Speaker: Amy Hansen

Topic: Downtown Fond du Lac

TRIAD meetings are held every other month at the Fond du Lac Senior Center. Meeting have a focus on public safety with a presence from the Fond du Lac police or fire department, a guest speaker, and roundtable discussion of community issues of concerns to seniors. Meeting are free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety.

## COMPLIMENTARY TICKETS

The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season sporting events and music department musicals and plays. These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Center for use by others.



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## Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

## Jeff Kemp Investment Workshop

Jeff Kemp, financial educator from Oshkosh, will once again hold his 7-week investment workshop for Fond du Lac area residents. This year, the FREE program will be at the NFDL Community Center, 280 Garfield Street on **Monday afternoons** from **2:30 – 4 p.m.**, **March 7, 14, 21, 28,** and **April 4, 11, and 18.** It is open to the public and participants do not have to attend all 7 sessions.

Please call 929-3765 to pre-register.



## SENIORS DAY

15% Discount the 1st Tuesday of Every Month

Must be 55+ or an AARP member.  
Balance Rewards card required.



## Fond du Lac Area Dementia Summit: Providing Education & Awareness



**Community Church**  
N6717 Streblov Dr., FDL  
**Thursday, April 7, 2016**  
Check in: 12:30–1:00 p.m.  
Summit: 1:00–4:30 p.m.

### Presentations include:

- Approaches to Communication in Different Types of Dementia, presented by Dr. Diane Mosnik, PHD, Clinical Neuropsychologist
- Faces of Dementia in Wisconsin: An Emerging Portrait, presented by Ginny Nyhuis, Alzheimer's Association
- Dementia Resources in Fond du Lac
- Call to Action

To register call Jese TeStroete at 920-907-8692 or email Karrissa at kschneider@kidsclubfdl.org

Hosted by: Just Keep Making A Difference—  
A Leadership Fond du Lac Team

# 2016 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. We do not share your information with any outside organization.

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

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

<b>NAME(s)</b> (both, if couple)	
<b>MAILING ADDRESS</b>	<b>APT #</b>
<b>CITY, STATE, ZIP</b>	
<b>PHONE</b>	
<b>BIRTHDATE</b> (optional)	
<b>E-MAIL</b> (absolutely confidential)	
<input type="checkbox"/> <b>I'D LIKE TO GO GREEN!</b> <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

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

**CHOICE OF SUPPORT:**

- \$10.00 Single**     **\$15.00 Couple** (same address)
- \$\_\_\_\_\_ 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 2016 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 2016 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 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.  
PLEASE CHECK:     Yes, you CAN include my name when listing publicity.     No, please do NOT list my name.

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

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

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

**FOR OFFICE USE ONLY**

DATE PAID \_\_\_\_\_ CASH AMT \_\_\_\_\_ CHECK AMT \_\_\_\_\_ CHECK # \_\_\_\_\_ Receipt Given \_\_\_\_\_

- NEW 2016 Member       Renewal      Receptionist Initials \_\_\_\_\_
- FANTASTIC FRIENDS \$50       FABULOUS FRIENDS \$100
- Received Dine Out Book for Fantastic or Fabulous membership     Received Happy Travelers Info
- Received *Among Friends* Newsletter

March 2016 Newsletter      \_\_\_\_\_ Card File      \_\_\_\_\_ Computer

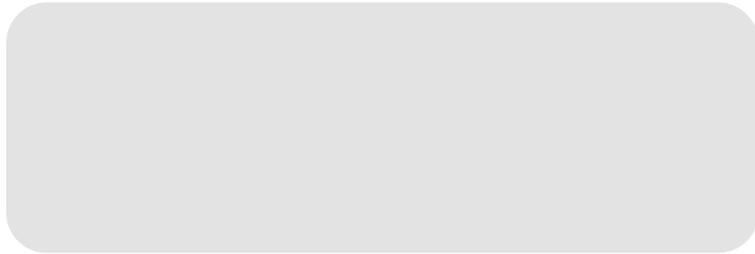


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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PERMIT NO. 129

ADDRESS SERVICE  
REQUESTED



# FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

*Cathy Loomans* 322-3630  
cloomans@fdl.wi.gov

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

*Katie Fischer* 322-3636

#### PROGRAM COORDINATOR

*Sarah Olson* 322-3641

#### MARKETING/FUND COORDINATOR

*Joan Brezinsky* 322-3640

#### OUTREACH/WELLNESS COORDINATOR

*Sarah Olson* 322-3641

#### GIFT SHOP COORDINATOR

*Mary Otterstatter* 322-3638

### FRIENDS BOARD OF DIRECTORS

*Kate Barr*  
*Joanne Bunkelman*  
*Robert Katzfey*  
*Vickie Michels*  
*Charlotte Nelson*  
*John Schiller*  
*Kathy Schreiber*  
*Wally Seibel*  
*Judi Walters*

### SENIOR CITIZEN ADVISORY COMMITTEE

*Ruth Dauterman*  
*Barbara Lukas, Chair*  
*City Council Pres. Lee Ann Lorrigan*  
*Charlotte Nelson*  
*Ross Purcell*  
*Dave Redman*  
*John Silah*

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

Wisconsin  
Association of  
Senior  
Centers



### MISSION

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

### VISION

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