

Among Friends



Fond du Lac Senior Center ... *where friends meet!* **MAY 2015**

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

BRAT FRY

Friday, Saturday and Sunday - May 1, 2, 3
and Friday and Saturday - May 8, 9

10 a.m.—6 p.m.

Fond du Lac Piggly Wiggly
131 University Drive

Enjoy a brat or burger at the Senior Center brat fry benefiting the Friends of the Fond du Lac Senior Center. The sponsoring groups listed below will donate ALL proceeds to the Friends organization to support the operation of the Senior Center. Special thanks to all of the volunteers who make this fundraiser possible. We couldn't do it without you! What a great group of people!



Volunteers
Needed!
Call 322-3630.



Where: Fond du Lac Piggly Wiggly, 10 a.m.—6 p.m.

Brat Fry Sponsors:

Friday, May 1: Senior Wellness Coalition
Saturday, May 2: Senior Outreach Program
Sunday, May 3: This 'n That Craft Shoppe
Friday, May 8: Happy Travelers
Saturday, May 9: Senior Center Pool League

Buy a brat or burger at Piggly Wiggly, 131 University Drive, Fond du Lac!

CATHY'S CORNER



A Free Monthly Publication
Vol. 6 • No. 5

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

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

Emailcloomans@fdl.wi.gov

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

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

Newcomer Tour

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



The last several weeks, I have been observing, listening, asking and learning. I am excited because I see so many things that we are doing well. I am also excited because I see opportunities for us to improve. Why would this excite me? Because I believe that an organization always needs to be looking at what they do, why they do it, and how they do it in order to be viable for the long term. In that way, our Senior Center is no different than many other kinds of organizations.



We want the Center to be a place where you feel comfortable and welcome - a place where you will see friendly faces and can expect to have a good time and good customer service. We want our programming to be relevant to you - we want our participation numbers to grow by continuing to offer you the things you have enjoyed, as well as offering new programs and events to give you more options and reach new members. While many of these things will evolve over time, some of them will happen more quickly.

One of the items that will have happened by the time you read this is changing how we secure our building. I want to make sure that everyone that comes here feels that our building is safe. We have rekeyed the building to make sure that we can account for all of the exterior door keys. During our regular business hours (8:00 a.m. - 4:30 p.m. Monday-Friday) our building will be open as usual, but after these hours, anyone coming in to one of our programs will have to enter the building through the double doors by the "Classroom" area. These are the only doors that will be unlocked for after-hours programs. Down the road we will be doing a few more projects that will add additional security features.

While I know that changes can be challenging for everyone, rest assured that we will not be changing things just for the sake of changing them. Anything we do will be done because we feel it will be in the long term best interest of the Center, and you, our participants. If you have any thoughts or questions, I invite you to stop in and talk with me. My door is always open and I am more than willing to share the "Why" behind what we are doing.

British Born Philosopher Alan Watts said, "The only way to make sense out of change is to plunge into it, move with it, and join the dance." We're plunging, moving and dancing - come join us!

VOLUNTEER CORNER

Volunteer Corner

Our Volunteer Coordinators and committee members are asking current volunteers and future volunteers to fill out a volunteer registration form. If you haven't already filled one out, please pick up a copy at the front desk. It is our hope to create a list of all our fabulous volunteers, their skills, and areas they are interested in helping and confirm areas where they currently volunteer. We are creating a volunteer database so all of this information will be kept in one location, will be easy to access when volunteers are needed, and simple to update.



Special Thanks to Irv Pea

Irv spent the last month re-gluing feet on all of our chairs. No more moving chairs and having the feet fall off. Thank you, Irv!

Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the June *Among Friends* newsletter is Friday, May 8, 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.



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- Long-term Skilled Nursing Care

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HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

UPCOMING TRIPS

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

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



Reminders:

- Sign up early.
- Put your name on waiting lists if trips are full. We often have cancellations and use the waiting list.
- Day trip parking is in the St. Vincent DePaul parking lot located at 330 N. Peters Ave.

Upcoming DAY TRIPS



- Ho Chunk Casino, Wisconsin Dells Craft and Antique Mall (no meal) — Thursday, May 14; \$29
- Janesville Rotary Gardens, K&W Greenery — Lunch at Rosewood (included) Wednesday, May 20; \$80
- Devils Lake, Wisconsin Dells Boat Ride — Lunch at Buffalo Phil's (included) Wednesday, June 3; \$75
- Guys on Ice, Fireside Theatre — (lunch included) Thursday, June 18; \$95
- Milwaukee Brewers vs. Atlanta Braves — Wednesday, July 8; \$54
- 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 — (lunch included) Wednesday, October 7; \$95
- Keshena Casino — Dinner at Jim & Linda's (included) Thursday, October 29; \$54
- Dancing Horses/Birds Holiday Show — (lunch included) Wednesday, November 18; \$90
- Oneida Casino — Mystery restaurant (dinner included) Tuesday, November 24; \$54
- A Wonderful Life, Fireside Theatre — (lunch included) Tuesday, December 15; \$95

EXTENDED TRIPS

• Discover La Crosse, 2 days, July 15-16

Trip includes La Crosse Queen Mississippi paddlewheel, scenic Grandad Bluff, Shrine of Our Lady of Guadalupe Church, Pleasuring Gourmet Seasonings, Dahl Auto Museum, Chapel of St. Rose and Fayze's Restaurant and Bakery. **\$219 double**

• Door County, 3 days, September 9-11

Trip includes Door County "Culinary Trolley Tour", fish boil dinner, Peninsula Players Theatre, Eagle Bluff Lighthouse, Ridges Sanctuary, Boynton Chapel, Peninsula State Park, lunch at Al Johnson's Swedish Restaurant, and Door Peninsula Winery. **\$409 double**

• Mt. Rushmore, The Badlands and Black Hills August 23-29; \$615 double

• Branson Show Extravaganza October 18-24; \$615 double

• New Orleans Holiday December 1-5; \$1,595 double

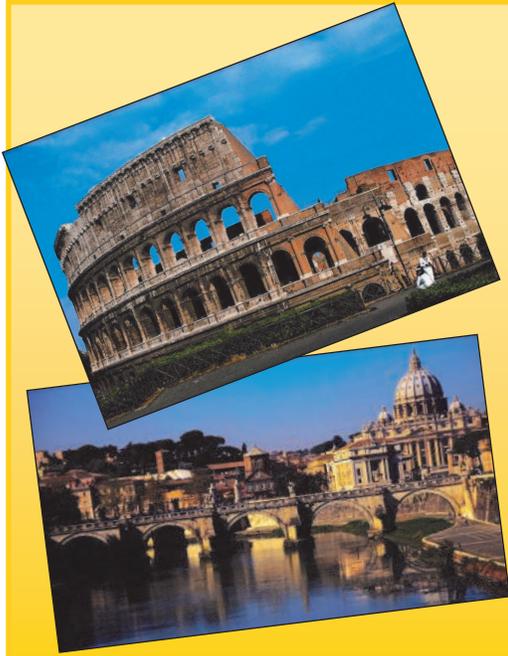
HAPPY TRAVELERS

Fond du Lac Senior Center presents

Italy

Departing Tuesday, November 3, 2015

Special trip preview
Monday, May 4,
10:00 a.m.



Fond du Lac Senior Center
Presents

Hawaiian Adventure

Three Islands featuring Oahu, Kauai
and Maui

With optional 2-night big island post tour extension

January 28—February 6, 2016
\$4,849 per person double occupancy

Book Now & Save \$100 per person!

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in the
Happy Travelers office



Highlights include:

Waikiki Beach, Pearl Harbor, Oahu's North Shore, Kilohana Plantation, Waimea Canyon, Kauai Coffee Company, Iao Valley Monument, Lahaina, and a Polynesian Luau.

Optional day adventures available.



PROGRAMS & ACTIVITIES

Heartland Hospice Annual Memorial Service

Fond du Lac Senior Center
Wednesday, May 27; 3:00 p.m.

Heartland Hospice will hold their annual Memorial Service on Wednesday, May 27th at 3:00 p.m. at the Fond du Lac Senior Center.

This service commemorates the lives of those who are no longer with us. Family and friends are welcome to join us for this celebratory service.

To register, call Linda or Dan before Monday, May 18 at 1-800-236-1989.



Coffee & Conversation

First Friday of every month

Friday, June 5

8:00–10:00 a.m.

Join your friends at the Senior Center the first Friday of every month from 8-10 a.m. for coffee, donuts and good conversation.



HIKING IN HOBB'S WOODS

Tuesday, May 5

10:00 a.m.

The Senior Center Hikers invite everyone to join in their traditional spring hike in Hobbs Woods at 10:00 a.m. Tuesday, May 5. If the weather is questionable that morning, call 322-3630.

The Power of Color

Discover ways to use color to your advantage

Monday, May 11; 1:00 p.m.

Alexandra Benz, Certified Image Consultant

Do you know which color . . .

- Increases your blood pressure?
- Is healing to the heart?
- Curbs or increases your appetite?
- Makes you fidgety?
- Sells a house faster?

Find out the answers to these and other interesting questions at this entertaining and informative presentation.

For planning purposes, call 322-3630 by Tuesday, May 5 to register.

GROUP DISCUSSION WITH ANDREA "Retirement Grief"

Tuesday, May 19; 3:15–4:15 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 "**Retirement Grief**".

We all look forward to retirement, but often there is grief that goes along with the loss of work life. Today's topic is about work life changes and how to cope with the many emotions.

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



PROGRAMS & ACTIVITIES

ALL SENIORS WELCOME!

SENIOR SUMMER GAMES & PICNIC

Sponsored by the Senior Wellness Coalition

Wednesday—July 15
9 a.m. to 2 p.m.
Taylor Park

Get out and enjoy the summer weather!

JOIN US for the 4th annual Senior Summer Games & Picnic at Taylor Park. There are a variety of activities—which will be detailed in the June newsletter.

THE EVENT STARTS WITH A LEISURELY WALK AROUND THE PARK (OPTIONAL, OF COURSE!)

YARD GAMES, CARD GAMES
WATER EXERCISE, BINGO & MORE!
PICNIC LUNCH—SPONSORED BY FRIENDS
OF TAYLOR PARK

WE'LL END THE AFTERNOON WITH
MUSICAL ENTERTAINMENT

Rain Date: July 16

Pre-registration is needed in order to attend.
Deadline to register: Thursday, July 2nd

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 _____



ART & RECREATION

ARTIST OF THE MONTH

May: Kris Mirenda

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!

CARD MAKING CLASS

2nd Tuesday of each month
Next class: Tuesday, May 12

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

We will be making MAN cards suitable for the men in your life. Make 3 cards for \$6 or FREE with \$15 order. **To register, contact Jana at 920-979-5262 before Monday, May 11.**

Basic Drawing & Watercolor Techniques

Instructor **Mary Ann Pahnke**

Mondays (see Art & Recreation Classes for times)

This course is for people who want to learn the basic principles of drawing and explore the fundamental techniques of composition, elements of design, perspective, value, and color application. Emphasis on drawing and painting of the figure/ portrait, landscape, and still-life.

Art is the only way to run away without leaving home. -Tweyla Tharp

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.

ART & RECREATION CLASSES

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

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tues	10—noon	4	\$16
May 12, 19, 26, June 2; June 9, 16, 23, 30				
Drawing & Watercolor	Tues	1-3 p.m.	4	\$16
May 12, 19, 26, June 2; June 9, 16, 23, 30				
Beginning Drawing & Watercolor	Mon	11:30 am—2 pm (May only) 12:30-2:30 pm		\$21
May 4, 11, 18, June 1; June 8, 15, 22, 29				
Mixed Media	Tues	3-4:30 p.m.	4	\$16
May 12, 19, 26, June 2; June 9, 16, 23, 30				
Open Sewing Lab	Wed	3:30—6:30 pm	5	\$15
October 7, 14, 21, 28				
Country Line Dancing	Thurs	6—7:30 pm	4	\$10
May 7, 14, 21, 28; June 4, 11, 18, 25				
Beg. Country Line Dancing	Sat Thurs	10-11:30 am 9—10:30 a.m.	3	\$7.50
May 2, 9, 16; June 11, 18, 25 (Thurs. in June)				
Singing				
Watch for singing classes in the fall				

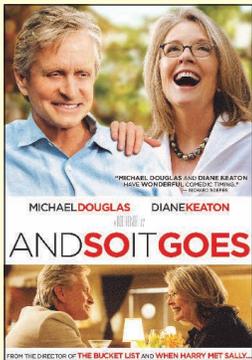
Mark your calendars for these upcoming SCRAPBOOK CROPS

Saturday, July 18; 9 a.m.—9 p.m.

Saturday, October 31; 9 a.m.—9 p.m.

For details on these upcoming scrapbook crops or to register, contact Kim Wagner at 920-517-1108.

MOVIE OF THE MONTH



“And So It Goes”

Two showings: Wednesday, May 13 and Thursday, May 28

11:45 a.m. Lunch (optional)

May 13 Menu: Baked chicken, twice baked style potato, 3 bean salad, peanut butter cookie, honeydew melon, bread

May 28 Menu: Chili casserole, tossed salad, fruited gelatin, frosted cake, cornbread

12:30 p.m. Movie: “And So It Goes”

2014 movie; Comedy; 1 hr 34 mins; PG-13; Starring: Michael Douglas, Diane Keaton, Frances Sternhagen, Frankie Valli

There are a million reasons not to like realtor Oren Little (Michael Douglas). Willfully obnoxious to anyone who might cross his path, he wants nothing more than to sell one last house and retire in peace and quiet – until his estranged son suddenly drops off a granddaughter (Sterling Jerins) he never knew existed. Clueless about how to care for a sweet, abandoned nine-year-old, he pawns her off on his determined and lovable neighbor Leah (Diane Keaton) and tries to resume his life uninterrupted. But little by little, Oren stubbornly learns to open his heart – to his family, to Leah, and to life itself - in this uplifting comedy from acclaimed director Rob Reiner.

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.*

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

9

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HEALTH & WELLNESS



Bike Rides are Back on a New Day!

Meet us to ride the **Prairie Trail Tuesday, May 12 at 10 a.m. at the Fairgrounds swimming pool parking lot** on Martin Road. From there, riders will bike Martin Road to the Prairie trail to Peebles stop/go lights and back to the Fairgrounds.

This ride will be on paved trails and will be about 10 to 12 miles. Please call 322-3630 to register. 50¢ Donation. Bring money for lunch. Cancellations on ride day call Caroline at 922-3561. Rain Date: May 19.

TAI CHI

Tai Chi has value in treating or preventing many health problems and you can get started even if you aren't in the best shape. The next session will **begin on May 5 and end on June 23**. 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.



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.

OTHER EXERCISE

Hikers Tuesday & Thursday, 10 a.m.

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

Beginning Line Dance...Saturdays; 10—11:30 a.m.; \$7.50/ 3 weeks

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

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

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

10

HEALTH SERVICES

BLOOD OXYGEN LEVEL by MPTC Medical Volunteer

Friday, May 8; 9—10 a.m. 2nd Friday of the month

BLOOD PRESSURE TESTING

Sponsored by: All About Life Rehabilitation Center

Friday, May 8; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, May 8; 9—10 a.m. 2nd Friday of the month

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

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, May 12; from 8:30—11 a.m.

2nd Tuesday in May & November

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

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; **Cost: \$25**

Thursday, May 14, 21, 28

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, May 8; 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, May 26; 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 12; from 8:30 — 11 a.m.

2nd Tuesday in May & November

Cost: \$45.

Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, May 28; 6:30—8:00 p.m. (4th Thursday)

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

DIABETIC SUPPORT GROUPS

Tuesday, May 19; 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, June 23; 5 –7 p.m. Picnic; bring a gluten free dish to pass. Fond du Lac Fairgrounds Park

PARKINSON'S SUPPORT GROUP

Monday, May 11; 10:00—11:00 a.m. (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, May 12; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

Retirement Grief Tuesday, May 19 3:15– 4:15 p.m.

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. We all



look forward to retirement, but often there is grief that goes along with the loss of work life. Today's topic is about work life changes and how to cope with the many emotions. For more information or to register for this group discussion, please call 322-3630. Walk-ins are welcome.

LOOK GOOD...FEEL BETTER

Wednesday, May 13;
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.



Sugars: Are they all the same?

Author: Paula Steffen
Thursday, May 7; 10 a.m.

Have you noticed all the media attention lately on the effects of sugar on our bodies? Paula noticed the negative effects of sugar on a family member and set out to find out what products on the market were a safer alternative. She spent hours and hours in various stores reading labels, recording information and comparing products. The result is *A Purchasing Guide of Fruit Juice Sweetened Products*.

To register to attend this informative program, please call 322-3630.



Seeking Friendly Seniors

The Senior Outreach program needs additional volunteers to meet with lonely seniors. If you are interested in making a difference call Jean at 322-3636.



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. Watch the June Newsletter for a registration form.



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



Community Cares

Volunteers will visit **Artisan Assisted Living & Memory Care, 154 Pioneer Parkway, Tuesday, May 26, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in the life of a lonely senior. A small gift is provided for each resident we visit.

Senior Outreach Program

Outreach Volunteers will meet on **Thursday, May 7, at 9 a.m.** to submit reports, share concerns and encourage each other. We will be joined by **Paula Steffen at 10 a.m.** Paula is author of the book *A Purchasing Guide of Fruit Juice Sweetened Products*. She will share with us what she learned along the way as she spent hours and hours reading labels. Is there really a difference in sugars? Come find out.

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

May



Monday

Tuesday

Wednesday

Thursday

Friday

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: fdseniorcenter.com**

Senior Dining



Fellowship, Food & Fun

4

9:00 Low Impact Chair Exercise
 9:00 Woodcarving Club
 9:00 MPTC Computer Basics 3
 9:00 Ladies Golf League meeting
 And golf at Oakgreen Par 3
 10:00 Happy Travelers Preview
 11:30 Beginning Drawing & Watercolor
 1:00 German Club
 1:00 Poker
 1:15 Sheepshead
 2:00 Soul Collage Class
 4:30 TOPS #1159
 7:00 Beginning Dance

5

Breakfast for the Brain-Harbor Haven
 9:00 Tai Chi
 9:00 Skat
 9:00 Craft Shop Consignor Intake
 9:00 AARP Board
 9:00 MPTC Computer Basics 3
 10:00 Acrylic & Oil Painting Class
 10:00 Singing
 10:00 Hiking in Hobb's Woods
 12:30 Bridge
 1:00 Bingo
 1:00 Stitchery Group
 1:00 Drawing & Watercolor Class
 3:00 Mixed Media Art Class
 5:30 Senior Dining at Sunset on the Water
 6:00 Winnebago Woodworkers at Horace Mann High School

6

8:30 SCAMP
 9:00 Hand Chimes
 9:00 MPTC Computer Basics 3
 9:30 Ladies Golf League at Oakgreen Par 3
 9:45 Video Chair Exercise
 12:00 Hand & Foot
 12:00 Canasta
 1:00 Red Hat Scrapbook
 1:15 Sheepshead
 7:30 Wed Night Dance

7

Breakfast for the Brain-Harbor Haven
 9:00 Senior Outreach
 9:00 Hand Chimes
 9:00 MPTC-Quilt Projects for Profit
 10:00 Scrapbooking
 10:00 Hiking
 10:00 Beginning Bridge
 10:00 Speaker Paula Steffen – "Sugars: Are they all the same?"
 12:00 ROMEO's-Rolling Meadows Rest.
 12:30 Bridge
 1:00 Flying Geese Quilters
 1:00 Golf Lessons with Jeff Kemp at Oakgreen Par 3
 1:30 Bunco
 6:00 TOPS #0566
 6:00 Country Line Dancing
 6:00 Chartastics Scrapbook

8

8:30 Hearing Screening/Hearing Aid Cleaning
 9:00 Health Screenings
 10:00 Red Hat Chorus
 10:00 Finding Your Way Home
 10:00 Brat Fry at Piggy Wiggy
 1:00 Writers Group
 1:15 Sheepshead
 9 Saturday
 9:00 Bob Ross Painting Class
 10:00 Beg. Country Line Dance
 10:00 Brat Fry at Piggy Wiggy
 10 Sunday
 6:00 Model Railroad

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<p>11:30 Scrabble</p> <p>11:30 Beginning Drawing & Watercolor</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:00 Color Speak—The Power of Color</p> <p>1:15 Sheepshead</p> <p>2:00 Soul Collage Class</p> <p>4:30 TOPS #1159</p> <p>6:30 FDL Area Writers Club</p> <p>7:00 Beginning Dance</p>	<p>10:00 Singing</p> <p>10:00 Hiking</p> <p>10:00 Bike Ride-Prairie Trail</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 MPTC-Smart Vacation WI</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>3:15 Card Making Class</p> <p>5:30 Senior Dining at Mancho's</p> <p>6:00 Winnebago Woodworkers</p> <p>6:30 Coin Club</p>	<p>10:00 Look Good Feel Better</p> <p>12:00 Hand & Foot</p> <p>12:30 Movie—"And So It Goes"</p> <p>1:15 Sheepshead</p> <p>7:30 Wed Night Dance</p>	<p>10:00 Hiking</p> <p>12:30 Bridge</p> <p>1:00 Golf Lessons with Jeff Kemp at Oakgreen Par 3</p> <p>1:30 Bunco</p> <p>6:00 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitches</p>	<p>16 Saturday</p> <p>10:00 Beg. Country Line Dance</p> <p>8:00 Scrap Book Crop</p> <p>6:00 Supper Club at Three Guys and A Grill (Trinity)</p> <p>17 Sunday</p>
<p>18</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>9:30 Ladies Golf League at Oakgreen Par 3</p> <p>11:30 Beginning Drawing & Watercolor</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshead</p> <p>2:00 Soul Collage Class</p> <p>4:30 TOPS #1159</p> <p>7:00 Beginning Dance</p>	<p>19</p> <p>9:00 Tai Chi</p> <p>9:00 Skat</p> <p>9:00 Craft Shop Consignor Intake</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Hiking</p> <p>11:30 Red Hat Honey's Lunch by the River</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>3:15 Discussion Group-Retirement Grief</p> <p>5:30 Senior Dining at Pizzaville</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p>	<p>20</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:30 Ladies Golf League at Oakgreen Par 3</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:15 Sheepshead</p> <p>2:00 Red Hat Scrapbook</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers Trip-Jamesville Rotary Gardens and K&W Greenery</p>	<p>21</p> <p>9:00 Hand Chimes</p> <p>9:00 Foot Care</p> <p>10:00 Beginning Bridge</p> <p>10:00 Scrapbooking</p> <p>10:00 Hiking</p> <p>12:30 Bridge</p> <p>1:30 AARP</p> <p>1:00 Golf Lessons with Jeff Kemp at Oakgreen Par 3</p> <p>1:30 Bunco</p> <p>6:00 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p>	<p>22</p> <p>9:00 Friends Board</p> <p>10:00 Red Hat Chorus</p> <p>1:00 Writers Group</p> <p>1:15 Sheepshead</p> <p>23 Saturday</p> <p>24 Sunday</p>
<p>25</p> <p>Center Closed</p> <p>Happy Memorial Day!</p> <p>Thank you to all our soldiers who have given of themselves for our freedom!</p>	<p>26</p> <p>9:00 Tai Chi</p> <p>9:00 Skat</p> <p>9:00 Craft Shop Consignor Intake</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Massage</p> <p>10:00 Hiking</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares-Artisan Assisted Living & Memory Care</p> <p>3:00 Mixed Media Art Class</p> <p>5:30 Senior Dining at Schmitt's</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p>	<p>27</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:30 Ladies Golf League at Oakgreen Par 3</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>1:00 Umbrella Brigade</p> <p>1:15 Sheepshead</p> <p>3:00 Heartland Hospice Memorial Service</p> <p>7:30 Wed Night Dance</p>	<p>28</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>10:00 Journaling</p> <p>10:00 Beginning Bridge</p> <p>10:00 Hiking</p> <p>12:30 Bridge</p> <p>12:30 Movie—"And So It Goes"</p> <p>1:00 SALT/TRIAD</p> <p>1:00 Golf Lessons with Jeff Kemp at Oakgreen Par 3</p> <p>1:30 Bunco</p> <p>6:00 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>29</p> <p>10:00 Red Hat Chorus</p> <p>1:00 Writers Group</p> <p>1:15 Sheepshead</p> <p>30 Saturday</p> <p>31 Sunday</p>

RECREATION

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

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

ART CLASSES

Mondays and Tuesdays See page 8

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 (odd months): Hospice Advantage

4th Tuesday (even months): TBA

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

May 18 *The Weight of Silence*

by Heather Gudenkauf

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

BUNCO

Thursdays at 1:30 p.m. Beginning

May 7

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. See page 8

CHORUS

Red Hat Honeys & Singing Classes

COIN CLUB

2nd Tuesday at 6:30 p.m.

DANCES

\$4.00 fee

Wednesdays at 7:30-10:00 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.

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, Scrapbookers, 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, May 7

Rolling Meadows Restaurant at noon

Call the Center to pre-register!

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.

Char-tastic Crafters

1st & 3rd Thursday from 6-8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STITCHERY

Tuesdays at 1 p.m. starting May 5

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, May 16

Three Guys and a Grill (Trinity)

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

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September—April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00-8:00 p.m.

Workshop meetings at Horace Mann High

School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

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

New members welcome!

ART & RECREATION

BOB ROSS PAINTING CLASS

Saturday, May 9; 10 a.m.—3 p.m.

Dorothy Curry, Certified Bob Ross Painting Instructor



Paintings will be ready to take home by the end of this class. Complete this painting in just one afternoon!

For more details on this class, see the April newsletter or call the Senior Center. The cost for the class is \$60 (\$70 if you need a canvas) and must be paid at the Senior Center front desk at the time of registration.

Space is limited to 10 students, so register as soon as possible by calling 322-3630.

*NO art experience needed.
Come Explore your creative side!*

LADIES GOLF

May 4—August 31

Mondays & Wednesdays, 9:30 a.m. tee time
Oakgreen Par 3 Golf Course

Brief organizational meeting, Monday, May 4; 9 a.m. at Oakgreen. Golfing at 9:30 after the meeting.



The LPGC (Ladies Playful Golfers Club) is not a league, but rather an informal way to get together and socialize with other ladies who like golf. It's all about fun and making new friends! This club is open to any lady golfer, but you must be a member of the FDL Senior Center. You need not attend every time.

If interested, please contact Alice Dann at 920-753-5126. The annual LPG Club registration fee is \$5. Golf fees are payable at the golf course each time you play.

11

FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income
No Asset Limitations**

Westnor Apartments at 653 West Arndt Street, Fond du Lac

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

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

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

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

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

Rosalind Apartments at 15 North Marr Street, Fond du Lac

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

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

NORTHGATE SENIOR APARTMENTS

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

An Independent Living Community For 55+

-Certain Income Guidelines Apply-

1 and 2 Bedroom
Apartments Available

MANAGED BY PROFESSIONAL PROPERTY MANAGEMENT



All Utilities Included (Except Electric)
Heated Underground Parking,
Senior Dining, Bingo & More



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PORTLAND SQUARE APARTMENTS

NOW RENTING

LARGE ONE BEDROOM APARTMENTS FOR SENIOR AND DISABLED

Rent is 30% of your monthly adjusted income. Convenient, Secure Location, Professional Management Home to Fond du Lac County Senior Meal Site Social Service Coordinator

Call Today
920-922-2562

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Fond du Lac, WI



HOUSE CALLS ARE OUR SPECIALTY!

- Personal Care - Short or Long Term
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- Respite Care
- Companionship

Because we care Help is on the way



923-1155

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Administrator: Sandra Randall

The Villas of the Holy Land

Providing skilled nursing care, assisted living and rehabilitative services to those in need.

- The Villa Rosa, a 20 unit assisted living apartment complex adjoins the existing Villa Loretto, a 50 bed skilled nursing home
- Villa Loretto: Medicare & Medicaid Certified

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



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

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.



Lunch by the River

Tuesday, May 19
11:30 a.m.

Dockside Bar & Grille
425 Nebraska Street, Oshkosh

Join hostesses Donna Draves, Vivian Gorden, Carol Shaw, Shirley Hanke and Linda Stephany for lunch by the river. We will be ordering off the menu. Call Donna at 921-0865 before May 15 to register.

Pick up a newsletter at the front desk to find out about upcoming activities and other Red Hat news.

16

THIS 'n THAT

Craft & Gift Shoppe

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

Pick Up Something Colorful for the Chef!



Carol Jean models one of the many cute, colorful aprons for sale in the This 'n That Craft & Gift Shoppe. In addition to aprons, we have lots of hand towels, pot holders, pot scrubbers, dish towels and so much more!

Stop in and visit with our friendly volunteers and pick up something fresh for spring!

AGNESIAN HEALTH SHOPPE

FOR ALL YOUR HOME MEDICAL AND RESPIRATORY NEEDS.

Exceptional service and care.
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Quality Monument Foundations by Ron Steffes

Now Leasing!



Ages 62+ and/or disabled

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room
- Laundry room on each floor
- 1 pet allowed (size restrictions apply) with pet deposit
- Professional Management • Social Service Coordinator

Convenient Location

101 Western Avenue, Fond du Lac

Call or stop by today! 920-921-7298

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Does Someone You Love Need Help with Memory Care?

- Gentle Quiet Alzheimer's Support
- Small Community, Safe Residential Neighborhood
- Trained Dementia Care Specialists
- Secure, Furnished Private Rooms
- Extended Stay or Respite Care Available

www.khearts.com

Call to visit or receive information:
920-946-2295



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

www.jhcontrols.com

PERFORMANCE • INTEGRITY

ADRC AGING & DISABILITY RESOURCE CENTER OF FOND DU LAC COUNTY



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

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

MONDAY TO FRIDAY 8AM TO 4:30 PM
50 N PORTLAND STREET
FOND DU LAC, WISCONSIN

(920) 929-3466 OR 1-888-435-7335
adrc@fdlco.wi.gov

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WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE

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

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

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



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 3

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

103-490-30884	M, T, W	May 4, 5, 6, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

COMPUTER BASICS 4

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

103-491-30885	M, T, W	May 11, 12, 13, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.

CONNECTING ON FACEBOOK

103-679-30886	R	May 14, 2015	1 day	8:00 a.m. —Noon	4 hours	A. Mielke	\$20.40	\$25.70
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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.

APPLE IPAD BASICS

103-611-10018	W	June 3, 2015	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.60	\$25.90
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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.

APPLE IPAD BASICS II

103-613-10025	W	June 10, 2015	1 day	1:00—4:00 p.m.	3 hours	A. Mielke	\$20.60	\$25.90
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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.

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

USING CRAIGSLIST

103-603-10032 | T | June 23, 2015 | 1 day | 12:00—4:00 p.m. | 4 hours | K. Beaman | \$20.60 | \$25.90

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.

Keep up-to-date on Senior Center happenings. Like us on Facebook!



18



All About Life Rehabilitation Center

OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

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- Small pets welcome*

*some restrictions apply

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922-7246



Home Care Services

920-933-5550

www.aboveandbeyondcaresolutions.com



920-922-1560 or 1-800-HOSPICE

79 N Pioneer Rd, Fond du Lac

www.hospiceadvantage.com

Twohig
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www.twohigfunerals.com

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport

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920-533-4422

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NEWS & NOTES



No Bake Granola Bars

These granola bars were brought to Dr. Clarence Tam's cataract presentation in April. We had several requests for this yummy recipe.

- 1 cup old fashioned oats
- 2/3 cup coconut
- 1/2 cup peanut butter
- 1/2 cup wheat germ (optional)
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 tsp. vanilla
- 1/2 cup chopped walnuts

Mix all ingredients together and chill for 30 minutes. Roll into bite size balls or press into a 9x9 pan.



Come to the Senior Center and take the NEW AARP Driver Safety class.

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Classroom only, no driving involved
- No tests to pass.

Fond du Lac Senior Center

Tuesday, May 12

8:00—8:30 a.m. registration

8:30 a.m.—12:30 p.m. class

\$15 for AARP members (bring your card)

\$20 for non-members

To register for this class, call the Senior Center at 322-3630 by Tuesday, May 5.

- 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.

WE
ARE
HERE
— TO —
HELP



WEDNESDAY NIGHT DANCES

7:30—9:30 p.m.—Admission \$4.00
Fond du Lac Senior Center
151 E. 1st Street

May thru December Schedule

- ♪ **1st Wednesday** of each month: **Roger & Eddie**. We thank you for staying with us all winter and for playing extra nights!
- ♪ **2nd Wednesday** every other month: **Vicki Belleville**. Welcome! It's Vicki's first time playing for our dances.
- ♪ **2nd Wednesday** every other month: **Jim Vollmer**. Jim is back (from Texas) to play for us. We're so happy to have him back!
Note: Vicki and Jim will be alternating the 2nd Wednesday of each month.
- ♪ **3rd Wednesday** of each month: **Ralph Leisten**. Welcome back! Ralph will be bringing Wayne and Tyrone from the Senior Center's SCAMP band.
- ♪ **4th Wednesday** of each month: **Tom Brandt**. Welcome! It's Tom's first time playing here. He's from Greenbush and plays the accordion.
- ♪ **5th Wednesdays**: We're tossing around the idea of playing our own CDs and having a 1/2 price night. Stay tuned for details.

Thank you . . .

It's time to recognize the people who work so diligently to keep the dances going:

- **Caroline Mueller** who faithfully opens and closes, sets up tables and chairs, decorates tables, and makes coffee.
- **Marilyn Luebke, Loretta Koenigs and Bob Hanke** for collecting admission fees.
- **Bob & Marilyn Luebke** who did karaoke and DJ'd for us. They want to take their karaoke on the road.
- **Gerry & Syl Kresbach** who have played music for Wednesday night dances for years. Gerry announced he was retiring. Maybe Gerry & Syl will come back and do a night or two for us.
- Also, thank you to **Loretta Koenigs and Bob Hanke** for doing our extra parties. They do a great job of ordering food to accompany the dishes we bring to pass.

The happy dancers thank you all!



2015 FRIENDS MEMBERSHIP APPLICATION

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

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

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

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

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

CHOICE OF SUPPORT:

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

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

\$_____ UTILITY DONATION for the City of Fond du Lac For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

\$50.00 FANTASTIC FRIENDS membership support — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

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

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

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

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

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

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

NEW 2015 Member Renewal Receptionist Initials _____

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

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

Received *Friends Perks Coupon Book*

ANNOUNCEMENTS



MASTER GARDENER PLANT SALE



FDL County Fairgrounds
Cow Palace
Friday, May 15; 12:00–7:00 p.m.
Saturday, May 16; 9:00 a.m.–
12:00 p.m.

For more information, call
920-929-3171

Help Save the ADRC

(Aging & Disability Resource Center)

The Aging and Disability Resource Center (ADRC) of Fond du Lac County assists older adults, people with disabilities and families/caregivers in finding services and resources to keep them living well and independently.

Advocacy Alert—Action Needed!

The Governor's Budget Proposal contains many changes that will affect the lives of seniors and persons with disabilities.

The proposed 2015-2017 Wisconsin budget would:

- Potential privatization of the ADRC agency . The Department of Health Services would be given authority to contract with entities other than ADRCs to perform the duties of the current ADRCs.
- Eliminate ADRC governing boards which allow citizen input.
- Dismantle successful, cost effective, award winning, nationally replicated programs with an idea of “we will work out the details later and without any input from consumers, providers of services or stakeholders”.

Save Your ADRC—Advocacy groups are concerned about these changes and have prepared documents to help educate persons. These groups have also organized events to help inform and mobilize concerned citizens.

Visit: <http://www.fdlco.wi.gov/departments/departments-n-z/social-services/aging-and-disability-resource-center-adrc/advocacy>

Call 920-929-3466 for more information.

GREEN THUMB GARDEN CLUB ANNUAL PLANT SALE

Perennials, herbs and surprises!

Friday and Saturday, May 8 & 9

8:30 a.m.—5:00 p.m. (Rain or shine)

At the home of Jim and Sandra Smet
552 Vermont Street, Fond du Lac

In addition to purchasing plants, enjoy a free tour of the Smet's gardens.

Green Thumb Garden Club is a nonprofit organization. The proceeds support our Green Thumb Scholarships and other community projects.

For more information:

smetsgardens@charter.net
or call 923-6085

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.



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.



May 5 Sunset on the Water

May 12 Mancino's

May 19 Pizzaville

May 26 Schmitt's Oar House

A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!

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

ANNOUNCEMENTS

TRIAD MEETING Thursday, May 28

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.

AARP MEETING Thursday, May 21

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.

S.C.A.C. Meeting (Senior Citizens Advisory Committee) Friday, May 15; 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 and serves in an advisory capacity to the Senior Center Director on Center operations, budgeting, programming, and other related matters.



Get Connected. Get Answers.

2-1-1 is a free and confidential service that helps people across North America find the local resources they need. We're here for you 24-hours a day, 7 days a week.

The mission of United Way 2-1-1 is to provide easy, simple access to health and human services, to give callers an opportunity to give or get help, and to serve as a hub for community information in times of disaster.

2-1-1 service is free and confidential phone service and is available 24 hours a day, 7 days a week.

Certified Information & Referral Specialists assist callers by helping them assess their needs and identify appropriate community-based resources.

Specialists also educate callers about the services they are being referred to so they are empowered to navigate systems and advocate for services on their own behalf.

2-1-1 provides comprehensive information service that is designed to assist all segments of the general population. United Way 2-1-1 manages a community database that consists of health and human service providers, non-profits, educational programs, clubs and community groups, and local, city and county services that serve the residents of their 10-county area.

Fond du Lac County is serviced by United Way Fox Cities 2-1-1. Learn more about this service by visiting:

**www.211.org
or call 800-924-5514**

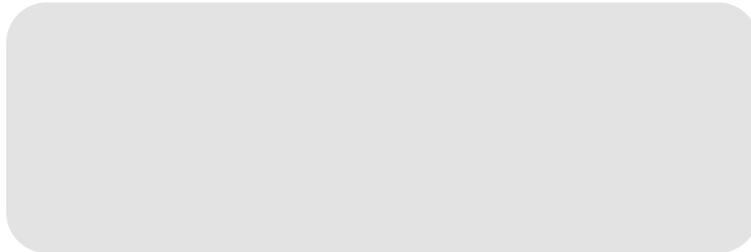


Fond du Lac Senior Center

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cloomans@fdl.wi.gov

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Mary Schneider 322-3635

WELLNESS COORDINATOR

Jean Holzman 322-3636

CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

BOOKKEEPER

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Catherine Halfmann 322-3633

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Barbara Lukas, Chair

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John Silah

Ruth Smith

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

Wisconsin

Association of

Senior

Centers



MISSION

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

VISION

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