



# Among Friends

NOVEMBER 2011



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

## **Fond du Lac Senior Center FRIENDS CHRISTMAS PARTY**

SPONSORED BY THE HAPPY TRAVELERS

**Tuesday ~ December 6  
Knights of Columbus Hall**

795 Fond du Lac Avenue

**Social at 11:00 a.m.; Lunch at Noon**

NOTE THE PARTY IS A LUNCHEON RATHER THAN THE USUAL DINNER

Entertainment Following Lunch:  
**Lee & Lloyd—The Hat Guys**

**\$14.50 per person**

Deadline to register Wednesday, November 23...UNLESS fills with 280 before that date  
NO REFUNDS after December 1. Turn to page 8 for a reservation form.

### **MENU**

*¼ Crispy Baked Chicken OR Roast Loin of Pork  
Dressing ~ Mashed Potatoes & Gravy  
Garden Tossed Salad ~ Vegetable ~ Relishes ~ Rolls  
Coffee, Milk or Water ~ Orange Sherbet*

- CA\$H & 2012 Dine Out Coupon Books Door Prizes
- 2012 Trip Highlights

# WELCOME TO THE FOND DU LAC SENIOR CENTER

## NOVEMBER



A Free Monthly Publication  
Vol. 2 • No. 11

### What's Inside

2012 Membership Drive.....	3
Upcoming Programs.....	4-5
Happy Travelers Trips .....	6
MPTC Computer Classes .....	7
Holiday Happenings .....	8
Senior Wellness Morning.....	9
Sponsors.....	10-12
Monthly Movie .....	12
Recreation .....	13
Health & Wellness .....	14-15
Senior Outreach.....	15
Pancake Breakfast .....	16
Red Hats Honeys / Craft Shoppe / Services.....	17
Community / Classes.....	18
2012 Friends Membership Form....	19



### Fond du Lac Senior Center

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

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

## THANK YOU to these BUSINESS FRIENDS

who offered business membership support in 2011...



### GOLD MEMBERS – \$200 Donation

*Fond du Lac Wilbert Vault Corp.*

*Lutheran Homes & Health Services*

### SILVER MEMBERS – \$100 Donation

*Fox Valley Savings Bank*

*Rehab Arisces*

*St. Francis Home*

### BRONZE MEMBERS – \$50 Donation

*Alzheimer's Association*

*Capelle Bros & Diedrich*

*Eden & Fond du Lac Veterinary Clinic*

*Edward Jones—Steve Millin*

*Law Offices of Isabel Mueller*

*Woodlands Senior Park*

### VISIT US ONLINE!

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

[www.fdl seniorcenter.com](http://www.fdl seniorcenter.com)



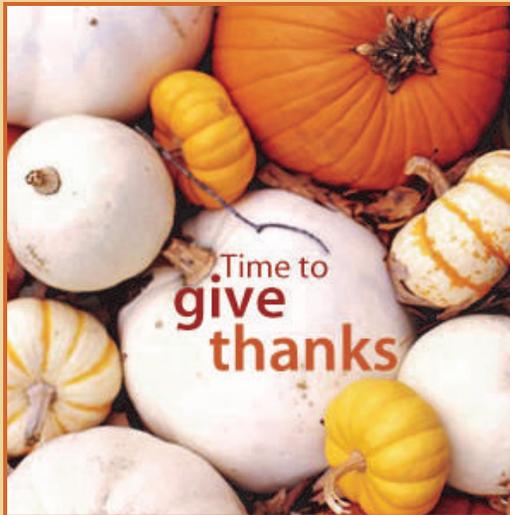
# MEMBERSHIP RENEWAL

The 2012 Friends Membership Drive runs from October 1 – December 30, 2011

What do we have to be  
**THANKFUL** for?

It's FRIENDS like **YOU!**

So...if you haven't done so  
already, it's time to  
**RENEW!**



Join or renew your *Friends membership* now  
for a chance to win *fabulous prizes*  
in our **2012 Membership Drive Drawing**  
that runs through **December 31, 2011**

We had 2,446 Friends members in 2011! We are thrilled with the number of seniors who are coming to the Senior Center to take advantage of our programs, services, and activities.

We hope that you are a satisfied participant and plan to renew your membership (or join for the first time if you have picked up this newsletter at a location around town). Complete the membership form on page 19 and mail it with your check or drop it off with a check or cash at the front desk **BEFORE** December 31, 2011 and you just might win a prize. Note that you are automatically entered into our random drawing with your completed form.

## 1<sup>st</sup> Place Prize: \$100 CASH

**OTHER 2012 MEMBERSHIP DRIVE PRIZES INCLUDE:**

- Restaurant and area business gift certificates
- 2012 Dine Out Coupon Books
- And more!

Turn to page 19 for a **2012 Membership Form**

## Newsletter Staff

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

## Newsletter Deadline

The deadline for submission of Information for the December newsletter is Monday, November 7. Give information to Judy Lange.

## Newcomer Tour

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

## Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Director's Senior Center report .



**The One You Depend On**

WWW.KFIZ.COM

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

## Paws for a Cause

A donation of \$125 was collected for the Humane Society through "Paws for a Cause." The campaign ran the entire month of September in recognition of World Animal Remembrance Month. A wall in the lobby was filled with memorials of our special pets. If you provided a photo and would like it back, please stop by the front desk and pick it up.

Thanks to all who participated! **3**

# UPCOMING PROGRAMS

## BAGELS WITH A BROKER

**Monday—November 7, at 9 a.m.**

Have a bagel and chat with Ben Baertschy, Financial Advisor with Edward Jones, on the **1st Monday of each month at 9 a.m.** Chat includes market update and Q&A of market, economy, investments, and strategies. Bagels by "The Bagelmeister." Free to attend.



## DRIVER SAFETY PROGRAM

**Thursday, November 10, from 8:30 a.m.–12:30 p.m.**

(deadline to register: Tuesday, November 8).

This one-day course consists of ALL IN-CLASS learning – NO tests and NO driving. The cost is \$12.00 for AARP members (please bring your card) and \$14.00 for non-members. Pre-registration is required.

**To honor our Veteran's, AARP is offering this November Class FREE for all veterans, spouses of veterans (wife/husband or widow/widower) and children of veterans. No identification is required, but there will be a form to fill out at the class.**

### Why Take a Driver Safety Class?

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. Through 35 years, it has helped millions of drivers remain safe on today's roads. The program is a 4-hour classroom refresher that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Drive more safely.
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your insurance provider.

For more information or to register, call 322-3630.

## ANNUITIES & RETIREMENT

with Ben Baertschy

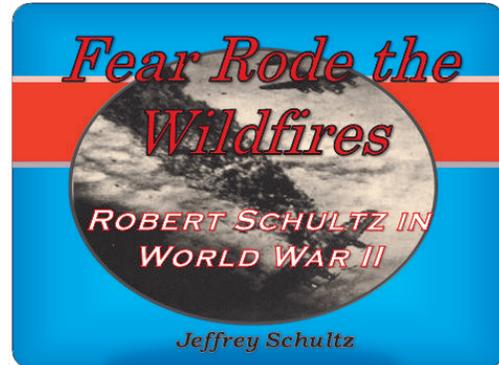
**Monday, November 14, at 10 a.m.**



Join Ben Baertschy, Financial Advisor with Edward Jones Investments, for a free "Annuities and Your Retirement" seminar. Learn about the different types of annuities and how the right one for your situation can help alleviate the impact of some retirement-related uncertainties. Call 322-3630 by Friday, November 11, 4 to register.

## VETERAN PROGRAM

**Thursday, November 10, at 12:30 p.m.**



Jeff Schultz, a local author, will be at the Senior Center to present *Fear Rode the Wildfires: Robert Schultz in World War II* — the story of Robert Schultz, his uncle, who enlisted in the Army Air Force and served as a waist gunner on a B-17 in bombing raids over Germany. His plane was shot down on its 19th mission and he and his crewmates were captured and held prisoners in the notorious Stalag Luft III camp. "Like many young men, Robert Schultz's motivation for service was not driven by strong convictions of loathing or hatred. He did not have any real knowledge of the Hitler regime nor did he understand the reasons for the Japanese assault on Pearl Harbor; Bob felt that he had an obligation to serve his country. Bob Schultz could not know as a 19-year-old that he was enrolling in *the most life-threatening service for his country—the most hazardous branch of the army in terrifying air combat, the most perilous position on a bomber as a waist gunner—the daily fear of death as a prisoner of war, the frightful winter death march—and that his life would be threatened relentlessly. His courage, stamina, will power, and character would be tested like no other time in his life.*" This program is free and open to the public. *For planning purposes, please call the Senior Center at 322-3630 by Monday, November 7, if you would like to attend.*

## HOLIDAY CARD WORKSHOP

**Tuesday, November 8**

**3:30—6 p.m. OR 6:30—9 p.m.**

Jana Secord will hold two Christmas Card Making Workshops at the Senior Center. The cost will be \$10 for 5 projects/cards or FREE if you place an order of \$20 or more with her. For more information, please call Jana at 979-5262 or email her at [stampinjana@charter.net](mailto:stampinjana@charter.net).



# UPCOMING PROGRAMS

## SENIOR OUTREACH PROGRAM 25th ANNIVERSARY CELEBRATION

### “Remember When” with Bob Galaska

Bob Galaska playing ragtime music on the piano.  
Join in the fun remembering good times with good music  
A Ragtime / Goodtime: Celebrating 25 years of the  
Senior Outreach Program

**Wednesday—November 9**  
**1:30—3:30 p.m.**  
**Fond du Lac Senior Center**



Refreshments, musical entertainment, door prizes, & memories...take a look at our scrapbook from years ago.  
All current and former volunteers welcome AND all seniors are invited to help us celebrate.

Do you  
**REMEMBER**  
when....

...it was called the  
**Peer Counseling Program?**  
**And then Senior Friends Program?**

**FREE and open to the public – Everyone welcome!**

## PAINTING CLASS

**Saturday, November 19**  
**10 a.m.—4 p.m.**



Cheryl Fisher, Certified Bob Ross Painting Instructor

Paintings will be ready to take home by the end of the six hour class.

Cheryl Fisher, certified teacher in the Bob Ross Oil Painting Method, is back at the Senior Center to teach a one-day class on Saturday, November 19, from 10 a.m.–4 p.m. (includes an hour break for lunch – please pack a lunch or plan to leave and have lunch some place else). The painting that will be created in this class is “Evergreens at Sunset.” Participants should bring a 16” x 20” canvas (preferably a Bob Ross Frederick brand canvas–available at Michael’s Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Cheryl will also have canvasses available for a \$10 fee payable to her on that day. Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate*. Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. This is a different painting than the paintings that



were done in the other Bob Ross classes – students who participated in those are welcome to participate again. The cost for the class is \$55.00 and *must be paid at the Senior Center front desk at time of registration*. Space is limited, so if you would like to participate, *register as soon as possible*. Absolutely NO art experience is needed. Explore your creative side!



The Senior Center will be CLOSED  
on Thursday, November 24,  
and Friday, November 25.  
*Have a blessed  
Thanksgiving holiday!*

# HAPPY TRAVELERS

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



## Christmas Stars

**Saturday—December 3**

*Xavier Fine Arts Center—Appleton*

**Cost: \$57**

This spectacular Broadway-style revue features secular and religious holiday music performed by a cast of 250 singers, dancers and actors ages five to senior citizen. Experience the spectacular Christmas parade, a visit to the North Pole and the always breathtaking “Living Nativity” finale. The performance will last about 2 hours including intermission.

Family-style lunch at Roxy's in Oshkosh is included featuring: *Salad, Roast Chicken, Ham, Mashed Potatoes & Gravy, Vegetable, Rolls, Carrot Cake & Beverage.*

**Leave: 10:15 a.m. Home: 4:30 p.m.**

## Oneida Casino

**Tuesday—January 10, 2012**

**Cost: \$20 No Meal**



FUN IS OUR GAME!

**Includes:**  
\$25 for gambling,  
bus transportation,  
and camaraderie!

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

## Viva Vegas

**Sunday—January 22, 2012**

*Fireside Dinner Theater—Fort Atkinson, WI*

**Cost: \$93**



Vegas! All you have to do is say the name and you can instantly imagine the sights and sounds of the greatest entertainment capital in the world! From the swinging years of the 50's and 60's to the breathtaking spectacle of today, Las Vegas has been home to the world's greatest entertainers and the most exciting shows. The Rat Pack - Frank Sinatra, Sammy Davis Jr., Dean Martin! Elvis Presley! Liberace! Bette Midler! Celine Dion! The list of show business legends who have lit up the famous Las Vegas Strip goes on and on. The Fireside continues its cherished tradition of live band revues with a sparkling tribute to the ultimate center of music, laughter, glitz, and glamour featuring a stunning cast of performers and The Fireside's own LIVE BAND!

Includes the Fireside's famously delicious Sunday Brunch.

**Leave: 8:15 a.m. Home: 6:00 p.m.**

## Simply Sinatra

**Friday—January 27, 2012**

*Schauer Center—Hartford, WI*

**Cost: \$73**

Pay tribute to Ol' Blue Eyes, the Chairman of the Board! Vocalist Steve Lippia is one of the finest interpreters of great American standards, especially the music of Frank Sinatra. His



powerful show, complete with 10-piece big band, introduces a new generation to timeless music, like *I've Got The World On A String, The Best Is Yet To Come, and Come Fly With Me.*

Buffet lunch includes: Hot Beef, Hot Shredded Chicken, Mashed Potatoes, 7-Layer Salad, Pistachio Salad, Fresh Fruit with Dip, Rolls, Spiced Layer Cake, Coffee, and Milk.

**Leave: 11:15 a.m. Home: 6:15 p.m.**

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

# MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. These computer classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages. You do NOT have to be a member of the Senior Center to enroll. [HOW TO REGISTER](#) Register at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number.



**MORAINÉ**  
**PARK**  
TECHNICAL COLLEGE

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
<b>COMPUTER BASICS 1</b>								
103-483-21671	Tuesday	November 8, 15, 22	3 wks	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Each student is required to bring a jump drive to class.

<b>COMPUTER BASICS 2</b>								
103-485-21673	Monday	December 5, 12, 19	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Each student is required to bring a jump drive to class.

<b>COMPUTER BASICS 3</b>								
103-490-21675	Tuesday	November 8, 15, 22	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96
103-490-21676	Monday	December 5, 12, 19	3 wks	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1 and 2. Bring a jump drive to class.

<b>COMPUTER BASICS 4</b>								
103-491-21679	Tuesday	December 6, 13, 20	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Each student is required to bring a jump drive to class.

<b>COMPUTER BASICS 5</b>								
103-492-21680	Thursday	November 10, 17	2 wks	1:00—4:00 p.m.	6 hrs	JoAnne Smith	\$4.00	\$20.78

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

<b>EXCEL WORKSHOP</b>								
103-452-21682	Thursday	November 10	1 time	9:00 a.m.—Noon	3 hrs	Karen Beaman	\$4.00	\$15.19

Introduces students to basic spreadsheet techniques including formulas, graphs and function wizards. Students will be able to build a simple spreadsheet and use formatting and other enhancements to make it look professional.

<b>BEGINNING DIGITAL CAMERAS</b>								
105-605-21687	Wednesday	November 9	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

<b>INTERMEDIATE DIGITAL CAMERAS</b>								
105-609-21690	Wednesday	November 16	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Discover tools to improve both your digital pictures and your digital photography skills.

<b>DIGITAL SCRAPBOOKING</b>								
306-623-21696	Thursday	December 15	1 time	Noon—5:00 p.m.	5 hrs.	JoAnne Smith	\$25.94	\$33.25

Learn to edit photos and create digital scrapbook pages to share with your family and friends. Digital scrapbooking programs and other online possibilities will be explored. Bring your photos on a jump drive or CD to use in class.

<b>DIGITAL PHOTO FUN</b>								
203-625-21693	Thursday	December 8	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Learn fun and creative ways to use those digital photos you've taken. The class will touch on the techniques used in digital scrapbooking and how to create Photo wear and gifts. Several software packages will be demonstrated to help you create photo "stories" to share! Come join in the fun!



# HOLIDAY HAPPENINGS



Senior Outreach Volunteers *of the* Fond du Lac Senior Center  
*invite you to help decorate our*

## Heart Tree



*Delicate spun glass heart ornaments \$2.00*

The Senior Outreach Program is sponsored by the Fond du Lac Area United Way, Fond du Lac County Department of Community Programs, Friends of the Senior Center and Fond du Lac Area Foundation. The program's mission is to create an awareness of community resources and to meet various needs of seniors in our community through one-to-one mentoring relationships with trained volunteers and a friendship program.

**Open your heart to the Senior Outreach Program** and purchase an ornament in memory of a loved one who is deceased or in honor of a family member, friend, co-worker, or other special person in your life. The purchase of each spun glass heart ornament is a donation to the program. Rather than keeping the ornament, the spun glass heart ornament will be placed on the Heart Tree at the Senior Center for the holidays. The deadline to purchase the heart ornaments is *Monday, December 19*. The Heart Tree will be located in the Senior Center Activity Room. Proceeds benefit the Senior Outreach Program.

### HEART TREE ORNAMENT ORDER FORM

✂-----

**~ PLEASE PRINT ALL NAMES CLEARLY ~**

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

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

**\$2.00 EACH NAME Total Enclosed** \_\_\_\_\_

*(Make check payable to: Friends of the Fond du Lac Senior Center)*

#### **DONATED BY:**

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

**8** Would you like these names included on our recognition pamphlet? Yes \_\_\_ No \_\_\_

### SENIOR CENTER CHRISTMAS PARTY RESERVATION FORM

✂-----

You **MUST** be a Friends member to attend the December 6th Christmas Luncheon. Space is **LIMITED to 280** so sign up as soon as possible. Firm deadline to register is Wednesday, November 23, **UNLESS it fills before that date!** Call 322-3630 for information.

**NAME** \_\_\_\_\_

Chicken **OR**  Pork Loin \$14.50

**NAME** \_\_\_\_\_

Chicken **OR**  Pork Loin \$14.50

Telephone \_\_\_\_\_ Cash \_\_\_\_\_

Check Number \_\_\_\_\_

**TOTAL PAID** \_\_\_\_\_ Make check payable to: Friends, Inc.

Date Paid \_\_\_\_\_ Receptionist Initials \_\_\_\_\_

Paid in person  Registered by mail

**CUT THIS RESERVATION FORM OUT OF NEWSLETTER AND DROP OFF OR MAIL IN WITH PAYMENT. STRUCT LIMIT OF 280... SO REGISTER ASAP!**

# SENIOR WELLNESS MORNING

## Friday, November 11



# What is Hospice?

### DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

Must visit at least 4 of the dozen booths in order to enter your name in the door prize drawing.

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

ALL-YOU-CAN-EAT  
PANCAKE  
BREAKFAST  
SERVED  
8 a.m.—1 p.m.  
See page 16.

**9—11 a.m.** Health Screenings ▪ Health Info Booths

FAST REQUIRED FOR SUGAR

10+ HEALTH BOOTHS

Two full hours—this month only. Also plan on sitting down for some tasty pancakes.

**3 sessions: 10:00, 10:20 & 10:40 a.m.**

The same information will be presented at all 3 sessions—attend any one of the three times it's offered.

Speaker: **Susan Gabsch, R.N.** *Case Manager, Heartland Hospice & Home Care*

Susan has spent over 40 years in the nursing field, with concentration over the last seven years in working with hospice patients. Susan will be discussing the "Who, What, Where, Why and When" regarding Hospice, which is not a place but a concept of care. Some of the key points in her presentation will be: Hospice provisions under Medicare, Quality of care vs. Quantity of care, and Comfort Care.

Heartland   
*Enriching life.*

The **Senior Wellness Morning** is held on the 2<sup>nd</sup> Friday of each month from 9-11 a.m.  
Each month offers different information booths, health screenings, demonstrations, and speakers.  
This month's Senior Wellness Morning is sponsored by Heartland Hospice and Home Care.

# MONTHLY MOVIE

## “CASABLANCA” ~ Wednesday, November 23



### 11:45 a.m. Lunch (optional)

**MENU:** Roast Turkey, Herb Dressing, Gravy, Squash, Cranberry Sauce, Whole Wheat Dinner Roll, Pumpkin Bar, and Milk

**RELIVE THIS  
FILM CLASSIC!**

### 12:30 p.m. Movie: *Casablanca*

A 1942 romantic drama, starring Humphrey Bogart, Ingrid Bergman and Paul Henreid, and featuring Claude Rains, Conrad Veidt, Sydney Greenstreet, Peter Lorre and Dooley Wilson. Set during World War II, it focuses on a man torn between, in the words of one character, love and virtue. He must choose between his love for a woman and helping her and her Czech Resistance leader husband escape from the Vichy-controlled Moroccan city of Casablanca to continue his fight against the Nazis. *Casablanca* won three Academy Awards, including Best Picture. Its characters, dialogue, and music have become iconic, and the film has grown in popularity to the point that it now consistently ranks near the top of lists of the greatest films of all time. (#2 on the American Film Institute's List of the Best 100 Movies of All Time)

You must register separately for each activity. Call 929-3937 by 1 p.m. on Friday, October 21, to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older).

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

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

# RECREATION

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

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

## ART CLUB

Thursdays at 1:00 p.m.

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

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

2nd Tuesday: Comfort Keepers

3rd Tuesday: Walnut Grove

4th Tuesday: ACACIA Home Care

5th Tuesday: Roto-Rooter

## BOOK CLUB

3rd Monday at 9:30 a.m.

November 21 *Cimarron* by Edna Ferber

Pick up a synopsis of book club selections at the front desk.

## BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Joan Christ at 921-9526.

Thursdays at 12:45 p.m.

For information or to play, call Hilda Feldmann at 921-2889.

## COIN CLUB

2nd Tuesday (May–October) at 6:30 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

**NOVEMBER 23: NO DANCE DUE TO THANKSGIVING**

## DOMINOES

3rd Wednesday at 12:30 p.m.

## GAMES **NEW!**

(Canasta, Cribbage & Euchre)

Wednesdays at 1:00 p.m.

**LOOKING FOR MORE PLAYERS!**

Do you play Canasta, Cribbage, or Euchre? New groups were formed in September and are looking for more players. You do not have to commit to coming every week—come & play when you can!

## GERMAN CLUB

Mondays at 1:00 p.m.

## HANDCHIME CHOIR

Wednesdays at 9:00 a.m.

Thursdays at 9:00 a.m.

## LINETTES

Wednesdays at 9:00 a.m.

## PINOCHLE

Fridays at 1:00 p.m.

## POKER

Mondays at 1:00 p.m.

## POOL

Open Pool daily (8:00 a.m.—4:30 p.m.  
except during league play)

Leagues

8-Ball Tuesdays 8:30 a.m.—1 p.m.

9-Ball Wednesdays 8:30 a.m.—1:30 p.m.

Call LeRoy Walters at 921-0671 for info.

## QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for info.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for info.

## R.O.M.E.O. *All men are welcome*

to join the “Retired Old Men Eating Out”

Thursday, November 3, at noon

Rolling Meadows Family Restaurant

Thursday, December 1, at noon

Cibo Restaurant inside Ramada

## SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

*Char-tastic Crafters*

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1 donation

Mondays at 1:15 p.m.

*Jack of Diamonds*

Wednesdays and Fridays at 1:15 p.m.

*Black Queens*

## SKAT

Tuesdays at 9:00 a.m.

## SPANISH CLUB

Wednesdays at 1:30 p.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

*You MUST call the Center if attending.*

Saturday, November 19

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

*Jim & Linda's Lake View Supper Club*

## WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo)

We'll be racing TURKEYS on November 22.

## Wii BOWLING

2nd & 4th Thursdays at 1:00 p.m.

Open Bowling

Fridays at 12:30 and 2:00 p.m.

League Play

## WINNEBAGO WOODWORKERS

1st Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

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

Contact Dave Jackson at 923-5233 for more information.

## WOODCARVERS GROUP

Mondays at 9:00 a.m.

## WRITERS GROUP

Fridays at 1:00 p.m.

# HEALTH & WELLNESS

## EXERCISE CLASSES

**Men & Women Welcome!**

### LOW IMPACT EXERCISE

Mondays 8:55 – 9:25 a.m.  
Sponsored by **All About Life**

### EXERCISE VIDEO

Wednesdays 10:15 – 10:45 a.m.  
Video furnished by **Lutheran Homes and Health Services**



## TAI JI

A new four-week session will begin on November 22. The cost will be \$22.50. Classes are held on Tuesday mornings from 9–10 a.m.

Participants should wear loose comfortable clothing and tennis shoes for these classes. Friends Membership is required. Call 322-3630 to register.

## LINE DANCING CLASSES OFFERED

Looking for a little fun that also includes exercise for the body and brain? You'll find it in the Line Dancing Classes offered at the Senior Center. Every Thursday evening from 6 to 7:30 p.m. Mike



Seurer teaches a group of enthusiastic adults as he leads the way through various line dances. Sessions are on-going and each four-week session is just \$10. Registration is required—register at the front desk in the Senior Center lobby. Payment is expected then and can be made with cash or check, payable to Friends, Inc. No age limit—all ages welcome. Please call 322-3630 for more information.

## OTHER EXERCISE

Bikers ..... Monthly rides April through October  
Hikers ..... Tuesday & Thursday mornings  
Line Dancing . . . . Thursday evenings; \$10 for 4 weeks  
Water Exercise ..... Daily 8 a.m. at the Aquatic Center  
..... \$3.75 per session  
Zumba Gold . . Mondays 6:30 – 7:30 p.m. \$5 per session  
**14** 6 week session starting October 31 for \$23

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Generations Home Care & Hospice Inc.  
**Friday, November 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, November 11** 8:30 – 10 a.m.  
*2nd Friday of the month*  
No appointment needed; Donations accepted.  
*12-hour fast is required.*

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare  
Lipid Panel + Glucose screening  
**Tuesday, November 8** 8:30 – 11 a.m.  
*2nd Tuesday in February, May, August, November*  
Cost: \$20. Call 322-3630 for appointment  
*12-hour fast is required.*

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department  
**Thursday, November 3, 10, 17**  
Cost: \$20.00; Call 322-3630 for appointment

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center  
**Friday, November 11** 8:30 a.m. – 10 a.m.  
FREE Hearing Screenings and FREE Hearing Aid Cleanings  
*2nd Friday of the month*  
Call 322-3630 for appointment; Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;  
Owner of Country Doctor  
**Tuesday, November 22** 10 a.m. through the day  
*Usually 4th Tuesday of the month*  
Cost: \$20 for 30 minute session; Call 322-3630 for appointment

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

Next meeting: **Wednesday, November 23** (*4th Wednesday of the month*)  
9–10 a.m. at Lutheran Homes & Health Services  
244 N. Macy Street

### DIABETIC SUPPORT GROUP FOR SENIORS

Next meeting: **Thursday, November 10** (*2nd Thursday of the month*)  
2–3 p.m. at Aurora Health Center, 210 Wisconsin American Drive

### LOW VISION SUPPORT GROUP

Next meeting: **Wednesday, November 9** (*2nd Wednesday of the month*)  
12:30 p.m. at the Senior Center, 151 E. First Street

### PROSTATE CANCER

**November 8** (*2nd Tuesday of the month*)  
8:30 a.m. at Rolling Meadows Restaurant  
947 S. Rolling Meadows Drive

### CAREGIVER SUPPORT GROUP

Next Meeting: **Wednesday, November 16** (*3rd Wed of the month*)  
7 p.m. at ManorCare Health Services, 265 S. National Avenue

# HEALTH & WELLNESS

## SENIOR WELLNESS MORNING

**Friday, November 11, from 9–11 a.m.**

Health Screenings 9–10 a.m.

Booths from 9–11 a.m.

FDL Co. Veteran's Rep, info on psoriasis, radon safety, nursing homes, assisted livings, homecare, and more. 10:00; 10:20, 10:40 a.m. Susan Grabsch, R.N., will present "What is Hospice?"

## LOOK GOOD...FEEL BETTER

The American Cancer Society is sponsoring a "Look Good...Feel Better" program at the Senior Center on **Wednesday, December 7, from 9–11 a.m.** This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Advance registration is required. To register, call the American Cancer Society toll free at 1-800-227-2345. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies.



## Newly Formed FDL'S Gluten-Free Support Group

The November meeting will be on **Friday, November 18, from 9 to 10 a.m., at Festival Foods' Conference room.** The speaker will be Stefanie Walker, Nutritionist for Festival Foods, speaking on *Enjoying the Holidays Gluten-Free*. If you have a favorite holiday recipe, please bring it along with extra copies. All ages are welcome. Gluten-free refreshments. If you have questions call 322-3636 for information.

## MEDICARE & HOME HEALTH

**Thursday, November 3  
10–11 a.m.**

Debbie Dvorachek, Agnesian Health Shoppe business development associate, will be at the Senior Center to present "**Medicare and Home Health Equipment—What You Need to Know.**" She will explain what equipment and supplies are available and what is covered and not covered by Medicare. Refreshments will be served. Call 322-3630 to register.



## SUPPORT THE SENIOR OUTREACH PROGRAM

**Pancake Breakfast November 11**

8 a.m. to 1 p.m.

All You can Eat Pancakes \$4

Sponsored by Lakeview Estates

**Heart Tree Ornaments November 4– December 19**

Honor a loved one! \$2 each



## SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



**Come Celebrate 25 years of our Senior Outreach Program at our Open House**

**Wednesday, November 9, from 1:30–3:30 p.m. Entertainment, Refreshments & Memories.**

**To register, call 322-3630. Public welcome.**

## COMMUNITY CARES

Community Cares volunteers will visit Lincoln House, 342 Forest Avenue, from 2–3 p.m. on Tuesday, November 22. Volunteers visit residents of a different local nursing home or assisted living facility each month who may not have family or friends nearby. Using grant money, a small gift is provided for those visited. **Volunteers can be any age** and may visit just one time. This community outreach is a fun activity usually done in pairs. You can make a difference in someone's life...call the Senior Center at 322-3630 to volunteer.

## SENIOR OUTREACH VOLUNTEERS

Senior Outreach Program Volunteers will meet Thursday, November 3, at 9 a.m., to turn in reports, provide support, info, and camaraderie for each other. This will be followed by a presentation at 10 a.m. by Debbie Dvorachek, Agnesian Health Shoppe business development associate, on "Medicare and Home Health Equipment—What you Need to Know."

**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

# PANCAKE BREAKFAST

Enjoy a delicious all-you-can-eat pancake breakfast at the Fond du Lac Senior Center

**Friday, November 11**  
**8 a.m. – 1 p.m.**



All proceeds  
benefit the  
Senior Center's  
Senior Outreach  
Program

A United Way Agency

Visit our  
Health Fair  
before or after  
your pancake  
breakfast!  
See page 9.

**COST: \$4.00**

**Includes: All-you-can-eat Pancakes, Sausage,  
Applesauce, and Beverage**

Sponsored by:



*Lake View Estates*

A Senior Living Community  
by Assisted Living Concepts, Inc

517 Luco Road • Fond du Lac, WI 54935

(920) 926-1100

RESERVATIONS ARE  
APPRECIATED BY  
CALLING 322-3630

**WALK-INS  
WELCOME**

# RED HAT HONEYYS

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

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

## WHO WOULD LIKE TO BE THE NEXT QUEEN BEE?

The Queen crowning is usually done at the Christmas Party. If you would like to volunteer for this ROYAL position within our chapter, please let Dottie know.

## UPCOMING ACTIVITIES:

### Thanksgiving Luncheon

Wednesday—November 16  
11 a.m. social/noon lunch  
Season's Restaurant—\$12 per person

### Decorating Gingerbread Houses

Thursday—December 8  
Either: 8—11 a.m. OR 1—4 p.m.  
At the Senior Center \$10 per person—LIMITED SPACE!

### Red Hat Honeyys Christmas Party

Thursday—December 15  
Sign up in the 3-ring binder.



# THIS 'n THAT Craft & Gift Shoppe

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



PICK UP SOME TASTY AND  
CONVENIENT

## WIND & WILLOW

DIPS, CHEESEBALL AND DESSERT  
MIXES FOR THE HOLIDAYS AND  
LIGHTEN YOUR WORKLOAD!

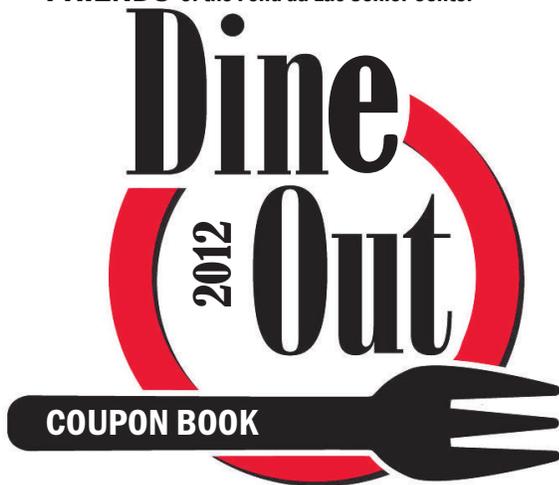
## ISABELLE GORMAN—THANK YOU!

The This 'n That Craft and Gift Shoppe would like to extend sincere thanks and best wishes to Isabelle Gorman, who will be retiring after serving for 18 years with a permanent shift as a volunteer cashier. Your dedication, enthusiasm, and friendship has meant so much over the years. *Isabelle, we will miss you...so can we count on you to SUB?*



# HOT OFF THE PRESS!

FRIENDS of the Fond du Lac Senior Center



## AVAILABLE NOW!

JUST \$5.00 includes 44 Coupons  
with SPECTACULAR SAVINGS  
at 37 Area Restaurants

Coupons are good January 1—December 30, 2012

# SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room; TOPS meets Mondays at 5 p.m.
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.  
Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m.  
Crafters welcome to inquire about consignment opportunities
- Department of Senior Services Dining Program  
Meals served at Senior Center Monday—Thursday at 11:45 a.m.  
Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at ..the front desk.  
Suggested donation of \$3.00 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 Senior Service Benefit Specialist Julie Hilbert can be reached at 929-3521.

# COMMUNITY

## AARP Thursday, November 17, at 1:30 p.m.

The featured speaker for the November 17 AARP Chapter #614 meeting will be Joscelyn Deanovich of Rehab Arisces speaking on "Falls Prevention." AARP meetings are free to attend and open to the public. They are held at the Senior Center every 3rd Thursday of the month. Refreshments are served. The cost to join the local AARP chapter is \$3.

## AARP CHAPTER #614



**Wednesday ~ December 14**

**North Fond du Lac Community Center**

281 Garfield Street North Fond du Lac



**Social ~ 11:30 a.m.**

**Luncheon ~ Noon**

Followed by Musical Entertainment



**MENU:** Beef tips, chicken, mashed potatoes & gravy, California mix veggies, fruit fluff, cake, and beverages

**COST: \$10 per person**

Make check payable to "AARP Chapter 614," and mail to Kate Barr, N6411 Danny Lane, Fond du Lac, WI 54935. The deadline to register is Friday, December 9.

**\*GREAT FOOD \*ENTERTAINMENT \*FUN**

\*Opportunity Raffle – please bring a canned soup donation for tickets

Deadline to register: Friday, December 9; Limit of 80 attendees

\*If you would like to join for \$3, your membership is good now through December 2012. Those joining by January 19 will be eligible for prizes in a random membership drawing to be held at the AARP General Meeting on Thursday, January 19, 2012.

## SOUP DRIVE OVER 1600 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Please drop your donations in the large soup pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, these donations have been deeply appreciated.

**18 KEEP THOSE CANS COMING IN AND THANK YOU!**

# CLASSES & CROPS

## ART & RECREATION CLASSES

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

Class	Day	Time	Weeks per Session	Cost per Session
<b>Oil Painting</b>	Tuesday	10 a.m.—noon	4	\$15
		November 1, 8, 15, 22	December 6, 13, 20, 27	
<b>Watercolor</b>	Tuesday	1—3 p.m.	4	\$15
		November 1, 8, 15, 22	December 6, 13, 20, 27	
<b>Mixed Media</b>	Tuesday	3—4:30 p.m.	4	\$10
		November 1, 8, 15, 22	December 6, 13, 20, 27	
<b>Singing</b>	Wednesday	10—11 a.m.	4	\$20
		November 2, 9, 16, 23	December 7, 14, 21, 28	
<b>Drawing</b>	Wednesday	6—8 p.m.	4	\$15
		November 2, 9, 16, 23	December 6, 13, 20, 27	
<b>Sewing Lab</b>	Mondays	3:30—6:30 p.m.	4	\$12
		October 19, 26, November 2, 9		
<b>Country Line Dancing</b>	Thursday	6—7 p.m.	4	\$10
		November 3, 10, 17, December 1		

## SCRAPBOOK CROP ✂---✂ ---✂

Danielle Mader will hold Scrapbooking Crop at the Senior Center on **Saturday, November 5, from 9 a.m. to 11 p.m.** The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more information, please call Danielle at 517-3496 or email [creativemomto3peas@yahoo.com](mailto:creativemomto3peas@yahoo.com).

## COMPLIMENTARY TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public. These tickets are to be used *by seniors* on a *shared basis*—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available for check out at the front desk.



# 2012 FRIENDS MEMBERSHIP APPLICATION

2012 membership valid NOW through December 31, 2012

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

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

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

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

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac    Other: _____

## CHOICE OF SUPPORT:

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

**RENEW or JOIN before December 31, 2011**  
and be eligible for great prizes in our 2012  
Friends Membership Drive...a chance to  
win \$100 and more!

- \$\_\_\_\_\_ Utility Donation for the City of Fond du Lac** Last year we asked members to give \$25 or whatever they could afford. A \$10,000 donation was made by the Friends Board of Directors on September 14, 2011 to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations last year...250 of our 2,446 members made a donation. Your donation for 2012 is optional but very much appreciated!
- \$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2012 Dine Out Coupon Book in appreciation of your fantastic donation. You can pick it up at the front desk. The FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership and additional donation to Friends to help with the operation of the Senior Center.  
PLEASE CHECK:  Yes, you CAN include my name when listing publicity.  No, please do NOT list my name.
- \$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2012 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.  
PLEASE CHECK:  Yes, you CAN include my name when listing publicity.  No, please do NOT list my name.

**TOTAL ENCLOSED** (Utility Donation and Friends Membership **can** be on the same check.)  
Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

NEW 2012 Member     Renewal    Receptionist Initials \_\_\_\_\_

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

Received *Among Friends* Newsletter     Received Happy Travelers Information    NOV NEWSLETTER **19**



## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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

ADDRESS SERVICE  
REQUESTED

■

## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

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

#### ASSISTANT DIRECTOR

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

#### TRAVEL COORDINATOR

*Doris Zimmermann*  
322-3635

#### WELLNESS COORDINATOR

*Jean Holzman*  
322-3636

#### OFFICE COORDINATOR

*Vickie Michels*  
322-3639

#### CRAFT SHOPPE COORDINATOR

*Patsy Lefeber*  
322-3638

#### PROGRAM/OFFICE ASSISTANT

*Mary Schneider*  
322-3640

### FRIENDS BOARD

*Kate Barr*

*Susanne Dennis*

*Jerry Gordon*

*Mary Kind*

*Irv Pea*

*Jim Sabel*

*Ruth Smith*

*LeRoy Walters*

*Ron Zarling*

### SENIOR CITIZEN ADVISORY COMMITTEE

*Bill Carey*

*Kathryn Curran*

*Joyce Dille*

*Vivian Gorden*

*Barbara Lukas*

*Mary Kind*

*Jim Sabel*

*Donna Jean Trapp*

*Judi Walters*

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

Wisconsin  
Association of  
Senior  
Centers



### MISSION

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