

# Among Friends



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

## NOVEMBER 2016

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

## TIME TO GIVE THANKS

The Fond du Lac Senior Center is thankful for:

- Our many volunteers who give their time and talents
- Everyone who participates in the many programs and activities at our Center
- All of our Friends members who support our Center financially and in many other ways
- The Friends Board of Directors
- Businesses and organizations who generously support and partner with our Center
- City officials and members of the City Council for their support

### HAPPY THANKSGIVING!!!

**JUST A REMINDER THAT THE SENIOR CENTER WILL  
BE CLOSED ON THANKSGIVING, THURSDAY,  
NOVEMBER 24 & FRIDAY, NOVEMBER 25.**



## 2016



A Free Monthly Publication  
Vol. 7 • No. 11

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### Fond du Lac Senior Center

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

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

### Newcomer Tour

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



By the time you read this, we will be in the homestretch before Election Day. The only reason that I mention this is because it worries me how it seems that our nation has become so fractured during the months leading up to this election. Some of the comments I have read on social media and things I have seen in the news have made me feel many different emotions; shock, frustration, worry, but mostly sadness. I have seen discussions that are filled with vitriol and I have talked with people who have lost longtime friends over disagreements about this election.

It saddens me. I think back to the days following 9/11, which is one of the saddest days that I have experienced. During those days, as a nation we stood as one. And as horrible as those days were, the pride that we had in our country at that time was like nothing I had experienced before.

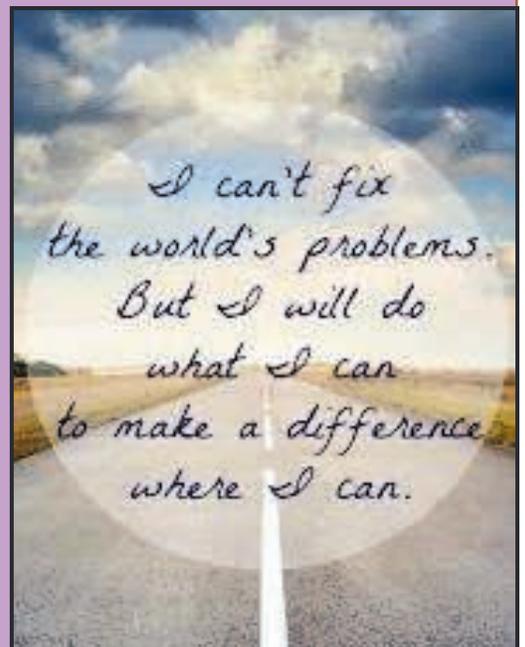
When we wake up on November 9<sup>th</sup>, we will have a new President. Some of us will be happy with the outcome and some of us will not. The media will continue to give us 24/7/365 coverage of the good, the bad and the ugly. But it isn't the responsibility of one person, our President, to make our country great. I believe that responsibility falls on each and every one of us.

Regardless of the outcome of the election, I would encourage each of you to get involved in making our community a better place. There are awesome organizations and programs here that do so much to benefit the Fond du Lac area. Whether your candidate won or lost, YOU can make a difference. Get involved!

Step out of your comfort zone and meet someone from a different background. Volunteer! Mentor a young person. Smile at a stranger. Join our Outreach Program to visit with isolated seniors! Each one of us has many talents to share.

WE are what make our country great! We just need to remember that.

Cathy



Woodcarving Club  
Mondays @ 9 AM



Thanks so much to Dave Shepro for stopping by the office to show what the Woodcarving Club has been up to! He carved this beautifully detailed bird! If you'd like to join this club, they meet every Monday at 9:00 AM at our Center!

Also, if you or your club would like to be featured in the newsletter, please contact Christina Thor or call (920) 322-3640. We'd love to share your stories with our community!



### Newsletter Crew

Editor.....Christina Thor  
Mail Crew.....Katie Fischer and  
20+ volunteers!

### Newsletter Deadline

The deadline to submit something for the December *Among Friends* newsletter is Friday, November 11, 2016. Please submit information to Christina Thor.

### 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 Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.



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# Programs & Activities

## WALL OF ART

Come check out the artwork in Rooms 1, 2, 3 and 4 at our Center! They were all created by our very own artists and participants. Come check out their talents!

## ART CLASSES

Taking place on  
November 1, 15, 22, & 29

Please register at our Center!

## 2017 FRIENDS MEMBERSHIP DRIVE Starts November 1st

Our 2017 Friends Membership Drive will begin on November 1st. The membership application can always be found on page 23 of this newsletter.

***THANKS FOR BEING A FRIEND!***

## AARP Driver Safety Class

Improve your safety and comfort behind the wheel by signing up for a driver safety class!

**Tuesday, November 15**

Class starts 8:15 a.m. to 12:15 p.m.

Registration is at 8:00 a.m.

Cost: \$15.00 for AARP members  
& \$20.00 for non-AARP members

Please call 322-3630 to register. Cash or check made be made out to AARP.



## RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER  
OF THE RED HAT SOCIETY

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

## CHRISTMAS PARTY & CROWNING OF THE NEW QUEEN Tuesday, December 13 12 (Noon)



A luncheon will be served at the Holiday Inn (625 W Rolling Meadows Dr, FDL) and Queen Rosie Hernandez will abdicate the hive's throne and the new Queen will be crowned.

Cost: \$5.00 for Red Hat Members  
\$15 for non-members  
Register by Friday, December 9



## Upcoming Umbrella Brigade Performance

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

Wednesday, November 16 at 2:00 p.m.  
at The Meadows

These ladies and their performance will make you smile!

## ATTENTION!

We have interest in starting a summer Washer Box League and would like to know if anyone is interested in joining! It would start in May and go through August. If you are interested, please call the front desk at 322-3630 to let them know!



## Calling All Wii Bowlers!!!!

The Wii Bowlers from the Senior Center are looking for more people to bowl!

Team members meet every other Friday afternoon. Subs are needed as well. No experience required. Participants can stand or sit to bowl!

Please sign up at the front desk if you're interested.



## CHRISTMAS CONCERT

Sunday, December 4; 1:30 P.M.

American Legion Hall  
500 Fond du Lac Avenue in FDL

The Fond du Lac Senior Center's singing class will be performing at the Fond du Lac American Legion. Refreshments will be served! Come hear some wonderful music by our very own singing class!

Presented by: "The Singing Class" and vocal students of Kathryn Staley-Hamm.



**FREE CONCERT  
OPEN TO THE PUBLIC**

## BEGINNERS CARD MAKING CLASS

Tuesday, November 15, 2-4 p.m.  
with Christine Bertram

Cost: \$5.50 per person



Create these two beautiful cards! We will teach you everything you need to know about stamps, papers, inks, cutting tools and adhesives. All materials will be provided.

Payment is due at the time of registration at our Center.



## TECH TYME

Every Thursday  
**One-on-One Help  
DROP-IN BASIS**

1-3 PM

**OPEN TO EVERYONE  
& FREE TO ATTEND**



Come get your questions answered about your computer, software, how to use your iPhone, iPad, Facebook and more!

**\*Due to the demand, sessions are limited to 15 minutes per person if other people are waiting\***

**\$10 off a \$10 Purchase at**



Support the Senior Center by shopping at Younkers!

Younkers Community Days coupon books are on sale now through November 11 at the Senior Center front desk. Coupon books are \$5 and contain lots of coupons including one for \$10 off a \$10 purchase! Your coupon book will pay for itself!

The Senior Center keeps all the money raised from our coupon books sales. What a great fundraiser!

Coupons are good during Younkers Community Day Sale November 9-12, 2016.

# Programs & Activities

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

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

## BINGO

50¢ for 2 cards

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

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

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

## BOOK CLUB

*\*December meeting will meet on December 12, not the 3rd Monday.*

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

## CARD GAMES

### BRIDGE

\$1 donation

**Tuesdays: 12:30 p.m.**

*For information or to play, call Johanna O'Brien at 251-3759.*

**Thursdays: 10:00 Beginners**  
(subs needed)

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

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

## CANASTA

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

## EUCHRE

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

## RECREATIONAL BID EUCHRE

**Tuesday, November 22 at 1:00 p.m.**

## HAND & FOOT (Card Game)

**Wednesdays at Noon**

## POKER

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

## SHEEPSHEAD

**\$1.50 Mondays at 1:15 p.m.**

*Jack of Diamonds*

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

*Black Queens*

## RECREATIONAL SHEEPSHEAD

**Wednesdays at 1 p.m.**

## SKAT

**Thursdays at 8:00-11:30 a.m.**

*(except the first Thursday of the month)*

## CHORUS

*Red Hat Honeys*

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

*Melodies & Memories Choir*

**Thursday, November 10 at 3:30 p.m.**

## COIN CLUB

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

## DANCES

\$4.00 donation

**Wednesday 7:30-9:30 p.m.**

**Call MaryAnn at 920-960-5850 for info.**

## GAME DAY

**Fridays at 1:30 p.m.**

## GERMAN CLUB

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

## HANDCHIME CHOIR

**Wednesdays & Thursdays at 9:00 a.m.**

## POOL Open Pool daily

Leagues

**8-Ball Tuesdays (September-April)**

**9-Ball Wednesdays. (September-April)**

## QUILTING

*Flying Geese Quilting Club*

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

*Call Nancy at 923-4494 for information.*

*Sunset Stitchers Quilt Guild*

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

*Call Laura at 923-1693 for information.*

## RED HAT HONEYS

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

## ROMEOS

*All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!*  
**Thursday, November 3 Faro's**  
**Call our Center to pre-register!**

## SCAMP (Senior Center Band)

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

## SCRAPBOOK CLUB

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

## Char-tastic Crafters

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

## STAMP CLUB

**3rd Wednesday at 7:00 p.m.**

*(except March, July and December)*

## STITCHERY

**Tuesdays at 1 p.m.**

## SUPPER CLUB

*Dutch Treat. Everyone's welcome!*

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

**Friday, November 18th**

**Blanck's Lake Aire**

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

## TOPS (Take Off Pounds Sensibly)

**Chapter #0566**

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

## Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September—April)

Subs also needed for league play

## WINNEBAGO WOODWORKERS

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

General meeting held at the FDL Senior Center

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

Workshop meetings at Horace Mann High

School, North Fond du Lac.

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

## WOODCARVERS GROUP

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

## WRITERS GROUP

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

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

# Fond du Lac Senior Center Friends Christmas Party

*Open to all Friends members!*

**KC Hall**

**Monday, December 12, 2016**

**5:00 Social, 5:30 Dinner**

### Menu is a choice of entrée:



Roasted Beef *OR* Turkey Breast with Cranberry Dressing and includes a house salad, dinner rolls, mashed potatoes & gravy,



- Door prizes
- Entertainment following dinner
- Lots of fun with friends!

Cost: \$14.50 per person. Firm deadline to register is Thursday, December 1 unless it fills with 240 people before that date. NO REFUNDS after December 1.

**SENIOR CENTER CHRISTMAS PARTY: You MUST be a Friends member to attend.** Space will be **LIMITED to 240** so sign up as soon as possible. Firm deadline to register is Thursday, December 1, 2016 **UNLESS** it fills before that date!

NAME \_\_\_\_\_  Roasted Beef **OR**  Turkey Breast  
\$14.50

NAME \_\_\_\_\_  Roasted Beef **OR**  Turkey Breast  
\$14.50

Telephone \_\_\_\_\_ Check Number \_\_\_\_\_ Cash \_\_\_\_\_ **TOTAL PAID** \_\_\_\_\_

Make check payable to: Friends, Inc.

**CUT THIS RESERVATION FORM AT THE DOTTED LINE AND DROP OFF OR MAIL IN WITH PAYMENT. LIMIT OF 240 SO PLEASE REGISTER ASAP!**

*Office use only:*

Date Paid \_\_\_\_\_ Receptionist Initials \_\_\_\_\_  Paid in person  Registered by mail

# Programs & Activities

## AARP MEETING

Thursday, November 17  
1:30 p.m.



**SPEAKER: JEN THOMPSON FROM WATERFORD IN OSHKOSH, SPEAKING ABOUT DEMENTIA**

The Waterford at Oshkosh is offering on-site dementia care training to community members that want to learn more about dementia and/or how to interact and respond to people with dementia in their community roles. This training was developed as part of the Dementia Care System Redesign Plan for Wisconsin.

The training provides:

- information defining Dementia,
- Wisconsin facts and figures,
  - the effects of Dementia,
  - ways to change our perceptions
- tips for interacting with people living with Dementia in the community.

AARP Meetings are held the 3rd Thursday of the month at 1:30. They are free to attend and open to the public. Refreshments are served. The cost to join the local AARP chapter is \$3.



*Always a good time at our Center!!!!*

## DRESS UP ON FRIDAYS BEFORE GAME DAYS!



Nov 6, 13, 20, 28  
Dec 4, 11, 18, 24  
Jan 1



Nov 5, 12, 19, 26

## HO HO HOTLINE

### Volunteers Needed!!!!

Many volunteers are needed to answer the telephone in December for ONE HOUR with our community service program: **Ho Ho Hotline**. Would you be willing to chat briefly with local children when they call to talk to Santa or Mrs. Claus and share their "wish lists"? **Both men and women are needed!!** The Hotline days will be Monday through Friday, December 1-23. The hour will be from 3:30-4:30 p.m. at the Senior Center. Call our Center at 322-3630 if you could help one or more days. The children—and seniors—loved it last year!



Like us on  
**Facebook**

Keep up with Senior Center news and activities, like us on Facebook!  
[www.facebook.com/FondduLacSeniorCenter](http://www.facebook.com/FondduLacSeniorCenter)

## Veteran's Day Pancake Breakfast Friday, November 11 8:00—10:00 a.m.

For those who served our country, thank you! Please come join us for a breakfast dedicated to YOU!

*Veterans & spouses welcome!*

Please call 322-3630 to sign up.

**Sponsored by Lake View Place**

## Sing Along with Karin Whealon & Jess Ellison

### Thursday, December 8 1:00—2:30 PM

Come win some amazing door prizes and fill yourself up with treats & hot chocolate, featuring beautiful singalong music and beautiful piano playing by Karin Whealon & Jess Ellison!

Please call 322-3630 to sign up.

## Southlake and Ashbury Senior Living

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## Tai Chi Classes

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



**Tuesday mornings 9:00-10:00 a.m.**

**Next session: Nov. 15—Jan. 3 \$45**

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

**For more information, call 322-3630.**

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Agnesian

**Friday, November 11; 9 a.m.** *2nd Friday of the month*  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

**Friday, November 11; 9 a.m.** *2nd Friday of the month*  
No appointment needed. *12-hour fast required.* Donations accepted.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, December 9; 9 a.m.** *2nd Friday of every other month*  
FREE Hearing Screenings and FREE Hearing Aid Cleanings  
Call 322-3630 for appointment. Donations accepted.

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare  
Lipid Panel + Glucose screening

**Tuesday, November 8; from 8:30—11 a.m.**

*2nd Tuesday in May & November*

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

### FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

**November 3, 10, 17; December 1, 8, 22**

Call 322-3630 for an appointment.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

**Renee Waters**, Certified Massage Therapist & Naturopath;  
Owner of Country Doctor

**Tuesday, November 22; 10 a.m.—2 p.m.**

*Usually 4th Tuesday of the month*

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, November 8; 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, November 17; 6:30—7:30 p.m.**

*(Will not be meeting the 4th Thursday this month)*

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

### DIABETIC SUPPORT GROUP

**Tuesday, November 15; 4:00—5:00 p.m. (3rd Tuesday)**

Aurora Health Care Center, 210 Wisconsin American Drive  
~ American Room

### PARKINSON'S SUPPORT GROUP

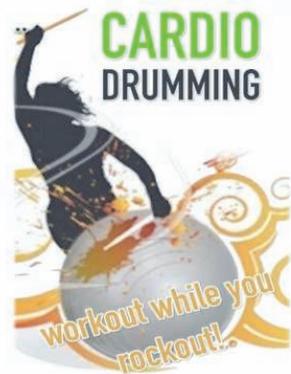
**Monday, November 14, 10:00—11:00 a.m. (2nd Monday)**

Aurora Health Care Center, 210 Wisconsin American Drive  
~ American Room

### PROSTATE CANCER SUPPORT GROUP

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

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



Cardio Drumming is a fun way to workout with a yoga ball, drum sticks and music!

**Come join us on Mondays at 3 p.m.**

First class is free.  
Purchase a punch card at \$24 for 8 classes at the front desk!

## CHAIR EXERCISE CLASSES

*Men and women welcome!*

### LOW IMPACT CHAIR EXERCISE

*With Sarah Olson*

**Mondays 9:00—9:30 a.m.**

### CHAIR EXERCISE VIDEO

**Wednesdays 9:45—10:15 a.m.**



## OTHER EXERCISE

### Cardio Drumming

Mondays 3 p.m.

*First class is free. Punch card is \$24 for 8 classes*

### Hikers

Tuesday & Thursday 10 a.m.

*Call Ruth at 921-7192.*

### Line Dancing

Thursdays 6—7:30 p.m.

\$10/4 weeks

### Beginning Line Dancing

Saturdays 10:00—11:30 a.m.; \$7.50/3 weeks

### ZUMBA

Mondays 5:30 - 6:30 p.m.

**Balance and Body Movement Class**  
Fridays at 10 a.m. or 11 a.m.

**Self Defense Class**  
Fridays at 9 a.m.

Laurence Lewis, leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

These free classes will be held at the Senior Center on Fridays at 10 a.m. or 11:00 a.m.



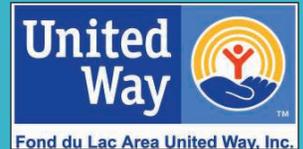
**NO REGISTRATION REQUIRED – JUST DROP IN!!**



## SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*

*Sponsored in part by Fond du Lac Area United Way*



### Senior Outreach Program

Outreach volunteers will meet on **Thursday, November 3 at 9:00 a.m.** to submit reports, share concerns and encourage each other. During this meeting we will also provide an opportunity for continuing education and work on resource building.

10:00 a.m. we will focus on team bonding and resource building.

### Community Cares

Volunteers will visit **FDL Lutheran Homes, 244 N. Macy Street, Fond du Lac on Tuesday, November 22, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

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

### Outreach Annual Holiday Breakfast

*For Outreach Program Volunteers Only*

Thursday, December 1, 2016

Rolling Meadows Restaurant

9:00—11:00 AM

**Please call 322-3630 to register.**

### Outreach Pie Social

**For Outreach Program Volunteers Only**

**Thursday, November 17, 2016**

**2:00—3:00 PM**

**Senior Center Room 4**

**Please call 322-3630 to register.**

**Do you like to  
make others smile?  
Learn more about our Outreach Opportunities.  
Call Sarah at 322-3641.**

**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

# November



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>OFFSITE SUPPORT GROUPS</b></p> <p><b>11/8</b> 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</p> <p><b>11/14</b> 10:00 Parkinson's Support Group- Aurora Health Care</p> <p><b>11/15</b> 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>Billiard Room open daily for open Pool except during league playing time.</p> <p><b>** All Orange Events are held Offsite</b></p>	<p><b>1</b></p> <p>8:30 Pool League 8 Ball</p> <p>9:00 AARP Board Meeting</p> <p>9:00 Tai Chi</p> <p><b>10:00</b> Hiking</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Singing</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lutheran Home</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp; Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at NFDL</p> <p>6:30 Senior Dining-Parnell's Social at 5:30</p>	<p><b>2</b></p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Canasta</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p> <p>Happy Travelers Trip-Packer Stadium/Hall of Fame</p>	<p><b>3</b></p> <p>9:00 Senior Outreach</p> <p>9:00 MPTC-Intro to Internet Banking</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>9:00 Yoga</p> <p><b>10:00</b> Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:30 Yoga</p> <p><b>12:00</b> ROMEO'S--Faro's</p> <p>12:30 Bridge</p> <p>1:00 Flying Geese Quilters</p> <p>1:00 Tech Tyme</p> <p>1:30 Aging Mastery Program</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook Club</p>	<p><b>4</b></p> <p>9:00 Self Defense Class</p> <p>10:00 Memory Cafe</p> <p>10:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>11:00 Balance and Body Movement</p> <p>12:30 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>Packet Day and Badger Day--Wear Your Green &amp; Gold or Bader Red</p> <p><b>5 Saturday</b></p> <p>10:00 Beg. Country Line Dance</p> <p><b>6 Sunday</b></p>
<p><b>7</b></p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> <p>5:30 FDL Artist Assoc</p>	<p><b>8</b></p> <p><b>Election Day and Bake Sale</b></p> <p>8:30 Pool League 8 Ball</p> <p><b>8:30</b> Cholesterol, Glucose, and Vit D Screening</p> <p>9:00 Tai Chi</p> <p><b>10:00</b> Hiking</p> <p>10:00 Singing</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Manor Care</p> <p>1:00 Stitchery Group</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Coin Club</p> <p><b>6:30</b> Senior Dining-Bublitz's Social at 5:30</p>	<p><b>9</b></p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand &amp; Foot</p> <p>1:00 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p><b>10</b></p> <p>Happy Travelers Trip-Milwaukee</p> <p>8:00 Skat / 9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>9:00 MPTC- Setting Up Gmail</p> <p>9:00 Yoga</p> <p><b>10:00</b> Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:30 Yoga</p> <p>12:30 Bridge</p> <p>1:00 Tech Tyme</p> <p>1:30 Aging Mastery Program</p> <p>3:30 Melodies and Memories Choir</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitches</p>	<p><b>11</b></p> <p><b>8:00 Veteran's Day Breakfast</b></p> <p>9:00 Health Screenings</p> <p>9:00 Self Defense Class</p> <p>10:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>11:00 Balance and Body Movement</p> <p>12:30 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>Packet Day and Badger Day</p> <p><b>12 Saturday</b></p> <p>10:00 Beg. Country Line Dance</p> <p><b>13 Sunday</b></p>
<p><b>14</b></p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p>	<p><b>15</b></p> <p><b>8:00 AARP Drivers Safety</b></p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p><b>10:00</b> Hiking</p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Singing</p> <p><b>10:00 Mahjong Informational Meeting</b></p>	<p><b>16</b></p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:45 Video Chair Exercise</p> <p><b>10:00</b> Hand Chimes at All About Life</p> <p>12:00 Hand &amp; Foot</p>	<p><b>17</b></p> <p>8:00 Skat</p> <p>9:00 Foot Care</p> <p>9:00 Yoga</p> <p><b>10:00</b> Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>10:30 Yoga</p>	<p><b>18</b></p> <p>9:00 Self Defense Class</p> <p><b>9:00 Friends Board Meeting</b></p> <p>10:00 Red Hat Chorus</p> <p>10:00 Balance and Body Movement</p> <p>11:00 Balance and Body Movement</p> <p>12:30 Wii Bowling</p> <p>1:00 Memories Writers Group</p>

3:00 Cardio Drumming	12:30 Bridge	12:00 Canasta	10:45 Hand Chimes at Woodlands on Lynn Ave	1:15 Sheepshead Game Day
5:30 Zumba Gold	1:00 Bingo-Sponsor: ResCare HomeCare 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 2:00 <b>Beginning Card Making</b> 3:00 Mixed Media Art Class	12:30 Movie—"Suffragette" 1:00 Recreational Sheepshead 1:15 Sheepshead 2:00 <b>Umbrella Brigade at the Meadows</b> 7:00 Stamp Club 7:30 Wed Night Dance <b>Happy Travelers Trip-North Star Casino and dinner at Roepke's</b>	12:30 Bridge 1:00 Tech Tyme 1:30 AARP 2:00 Meet the Arthur-Karl Stewart <b>Outreach Pie Social</b> 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook 6:30 Alzheimer's Support Group	5:00 Supper Club-Blanks Lake Aire 5:00 Social; 5:30 Dinner <b>Packet Day and Badger Day—Wear Your Green &amp; Gold or Bader Red</b> 19 <b>Saturday</b> 10:00-2:00 <b>Gift Shop Open</b> 10:00 Beg. Country Line Dance 20 <b>Sunday</b>

21	8:00 <b>Newsletter Assembly</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming 5:30 Zumba Gold 6:00 FDL Concert Assoc	22	8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 <b>Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 Massage 12:30 Bridge 1:00 Bingo-Sponsor: Hospice Adv. 1:00 Stitchery Group 1:00 Recreational Bid Euchre 1:00 Drawing & Watercolor Class 2:00 <b>Community Cares at FDL Lutheran Home</b> 3:00 Mixed Media Art Class 6:00 <b>Winneshago Woodworkers at NFDL Senior Dining-Blanck's LakeAire Social at 5:30</b>	23	8:30 Pool League 9 Ball 8:30 SCAMP 9:45 Video Chair Exercise 10:00 <b>Hand Chimes at Villas</b> 12:00 Hand & Foot 1:00 Recreational Sheepshead 1:15 Sheepshead 7:30 Wed Night Dance	24	<b>CENTER CLOSED</b>  <b>THANKSGIVING</b>	25	<b>CENTER CLOSED</b>
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28	9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming 5:30 Zumba Gold	29	8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 <b>Hiking</b> 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo-Sponsor 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 <b>Winneshago Woodworkers at NFDL Senior Dining-Jim and Linda's Social at 5:30</b>	30	8:30 Pool League 9 Ball 8:30 SCAMP 9:45 Video Chair Exercise 10:00 <b>Hand Chimes at St. Francis Home</b> 12:00 Canasta 12:00 Hand & Foot 1:00 Recreational Sheepshead 1:15 Sheepshead 7:30 Wed Night Dance	LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served <b>Monday—Friday</b> at <b>11:45 a.m.</b> , lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. <b>Senior Dining</b> Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. <b>Menus are available at the front desk or our website: <a href="http://fdlseniorcenter.com">fdlseniorcenter.com</a></b>  Fellowship, Food & Fun
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Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple Store Gift Cards. **Gift Shop is open: 10-4 Monday-Friday; 4-6 Thursday; 3rd Saturday 10-2** Don't forget to renew your Friend's Membership for 2017

# Moraine Park Classes



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—sign up soon!

\*\* Classes subject to cancellation and prices are subject to change.

## MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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### INTRO TO INTERNET BANKING

103-694-21395	R	November 3, 2016	1 Day	9:00am-11:55am	3 hours	J. Schmitz	\$20.70	\$26.10
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This course is an overview of internet banking. Learn to create a secure session from any location when accessing internet banking websites. We will step through an internet banking website menu, exploring options that enable you to access information on deposit account balances, investments, loans, account history, transfers and paying bills. This class meets in a computer lab.

### CREATING YOUR GMAIL ACCOUNT

103-675-21333	R	November 10, 2016	1 Day	9:00am-11:55am	3 hours	J. Schmitz	\$20.70	\$26.10
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Google Gmail is a good choice for your e-mail account. It is a web-based e-mail service that allows you to access your e-mail from any internet-connected computer in the world. We will help you set up and organize a new Google account and get you started using your new Gmail account.

## Art & Recreation Classes

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

Class	Day	Time	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
Session 1: November 1, (no class on the 8th), 15, 22, 29   Session 2: December 6,13,20,27			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
Session 1: November 1, (no class on the 8th), 15, 22, 29   Session 2: December 6,13,20,27			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
Session 1: November 1, (no class on the 8th), 15, 22, 29   Session 2: December 6,13,20,27			
Country Line Dancing	Thursdays	6:00-7:30 p.m.	\$10 for 4 class punch card
Session 1: October 27 & November 3, 10, 17   Session 2: December 1, 8, 15, 22			
Beg. Country Line Dancing	Saturdays	10-11:30 a.m.	\$7.50 for 3 class punch card
Session 1: November 5, 12, 19   Session 2: December 3, 10, 17			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
Session 1: November 1, 8, 15, 22, 29   Stay tuned for Spring session dates in our next newsletters!			

## CAREGIVER CONFERENCE:

“THE MORE YOU KNOW”



Thursday, November 10  
8:30 a.m.—3:30 p.m.  
Holiday Inn Conference Center  
625 W. Rolling Meadows Drive  
Fond du Lac, Wisconsin



The Alzheimer's Association and the Dementia Care Network of Fond du Lac County will present an educational conference for family and professional caregivers with keynote speaker Martin J. Schreiber, Former Wisconsin Governor, presenting on LEARN, COPE AND SURVIVE.

Learn about quality care through workshops, win door prizes, free chair massages and more.

The cost of the conference is \$5 for family caregivers and \$15 for professionals.

**Registration deadline for this event is Thursday, November 3!**

The Fond du Lac Senior Center is offering

**10 FREE SCHOLARSHIPS**

to cover the cost of the conference for family caregivers!

Please contact our Center for more information at 322-3630.

**OUR SENIOR CENTER**  
The Online Directory of Senior Centers

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Scrip gift cards are now available in Brown Paper Packages Gift Shop for your everyday shopping and dining needs. Plus, when you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!

- A& W Restaurant—\$5 cards—12%
- Culver's—\$10 cards—8%
- Festival Foods—\$25 cards—3%
- Fleet Farm—\$25 cards—5%
- Gilles—\$10 cards—10%
- Kwik Trip—\$25 cards—5% gas, 15% in store
- Pick 'n Save (Roundy's)—\$25 cards—4%
- Piggly Wiggly—\$25 cards—3%
- Schreiner's Restaurant—\$10 cards—5%
- Shopko—\$25 cards—3%
- Subway—\$10 cards—6%
- Walgreens—\$25 cards—6%
- Walmart - \$25 cards—2.5%

*Purchase gift cards in Brown Paper Packages Gift Shop Monday—Friday 10 a.m.—4 p.m., Thursdays 10 a.m.—6 p.m., and the 3rd Saturday of each month 10 a.m.—2 p.m. Cash or check only.*

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\*OPTIONS COUNSELING AND LONG TERM CARE  
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 FOND DU LAC, WISCONSIN

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

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*This creative and fun wall décor replicates the look of an actual puzzle! Available in a number of layouts and designs, pieces are filled with inspirational sentiments, allowing you to tell your story using plaques and photo frames. Each piece is connectable and equipped with pocket mounts for easy hanging. Whether you choose 2 pieces or 12, the possibilities are endless.*

*This is just one of the many unique items for sale in the gift shop. Come check out our new selections!*

## 1 Year Anniversary!



*Stay tuned for our ONE YEAR ANNIVERSARY CELEBRATION in December! More information will be out in our December newsletter, so be on the look out!*

Monday—Friday 10 a.m.—4:00 p.m., Thursday evenings 4—6 p.m.  
3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3638

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



<https://www.facebook.com/BrownPaperPackagesGiftShopFondduLac>

# Programs & Activities - Movie

## Suffragette

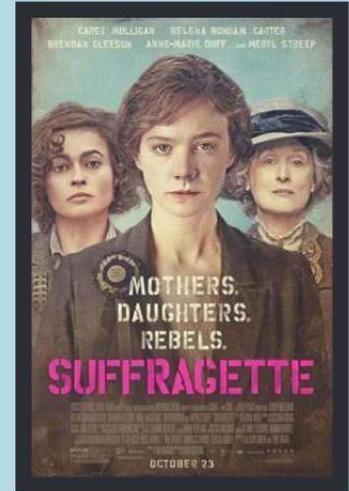
Wednesday, November 16

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

**November 16 Menu:** Escalloped Potatoes & Ham Casserole, Spinach Salad with Rasp. Vinaigrette, Orange, Fudge Brownie and Sliced Bread

2015 movie; 1 hr 46 mins; PG-13; Biography/History; Starring: Carey Mulligan, Anne-Marie Duff, Helena Bonham Carter

In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts (Carey Mulligan). Galvanized by political activist Emmeline Pankhurst (Meryl Streep), Watts joins a diverse group of women who fight for equality and the right to vote. Faced with increasing police action, Maud and her dedicated suffragettes must play a dangerous game of cat-and-mouse, risking their jobs, homes, family and lives for a just cause.



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

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



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**CONTACT**

Contact Duane Budelier to place an ad today!  
 DBudelier@4LPi.com or (800) 950-9952 x2525

## SENIOR DINING



The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

- |                    |                                               |
|--------------------|-----------------------------------------------|
| <b>November 1</b>  | <b>Parnell's</b>                              |
| <b>November 8</b>  | <b>Bublitz</b>                                |
| <b>November 15</b> | <b>Wendt's</b>                                |
| <b>November 22</b> | <b>Blanck's Lake Aire</b>                     |
| <b>November 29</b> | <b>Jim &amp; Linda's Lakeview Supper Club</b> |

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

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## Senior Dining



Fellowship, Food & Fun

## November 2016 Fond du Lac County Senior Dining

*Come join us for lunch!*

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday** at **11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Register for lunch by calling 929-3937 at least one day in advance before 1 p.m.

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

- Tuesday, November 1: Salmon Loaf
- Wednesday, November 2: Pork Steak
- Thursday, November 3: Chicken Tetrazzini Casserole
- Friday, November 4: Meatballs in Honey
- Monday, November 7: Teriyaki Chicken
- Tuesday, November 8: Lasagna Casserole
- Wednesday, November 9: Swiss Steak
- Thursday, November 10: Chicken Chow Mein over Rice
- Friday, November 11: Glazed Ham
- Monday, November 14: Swedish Meatballs
- Tuesday, November 15: Baked Chicken
- Wednesday, November 16: Escalloped Potatoes & Ham Casserole
- Thursday, November 17: Country Fried Steak
- Fri., November 18: Cheese Tortellini in Marinara Sauce
- Monday, November 21: Chicken Breast
- Tuesday, November 22: Beef Stew
- Wed., November 23: Roast Turkey
- **Closed on November 24 & November 25**
- Monday, November 28: Cranberry/Kraut Meatballs
- Tuesday, November 29: Ham Rolls
- Wednesday, November 30: Baked Chicken

*Come dine with friends!*

- 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 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.79 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE ARE  
HERE  
TO  
HELP**

# Happy Travelers

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



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

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

**Reminders:**

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

***We are looking for the owners of 3 raincoats that were found on the bus. 1 yellow/blue jacket and 2 folded in pouches. Please call us if you believe its yours!***

## Jelly Belly Tour & Kenosha Civil War Museum

Thursday, March 23, 2017 | \$80 IN



*Sweet sensations and a world of delight await you at the Jelly Belly Visitor Center.* The Jelly Belly Visitor Center features full-throttle fun on the FREE Jelly Express Train Tour to learn about the company's century of candy making with Jelly Belly Bean Art, a chorus line of dancing Jelly Belly characters, giant Jelly Belly jelly beans and more!

*The Civil War Museum is like no other Civil War museum in the country!* The museum focuses on the Civil War from the perspective of the people of the seven states of the upper middle west, who sent over one million men to serve in the Union: Illinois, Indiana, Iowa, Michigan, Minnesota, Ohio and Wisconsin. Through the use of personal stories and narratives, the Museum also explores how the Civil War impacted the people on the Western home front before, during and after the war by connecting the prewar causes to the postwar effects.



## Pre-Prohibition Historic Bar Tour

Thursday, April 20, 2017 | \$105 DT

We will be exploring 4 historic and famous bars in Milwaukee, while enjoying some 'Moon Shine' on the way. You'll relax while learning about some of the most interesting and colorful history through the tales of these taverns. We'll also be stopping for lunch on the way down!



## Medieval Times

Friday, April 28, 2017 | \$99 IN  
**DINNER & TOURNAMENT**

Let the games begin! Make it a 'Knight' to remember. View an authentic Medieval Tournament come to life before your eyes in this 2-hour medieval jousting tournament. 6 competing knights with real weapons.

This show will include a feast: garlic bread, tomato bisque soup, oven roasted chicken, herb basted potato, sweet buttered corn, pastry of the castle and select beverages.

*Full service bar will also be available!*

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

## MYSTERY TRIP

*Guided city tour,  
touch the water, see  
the lights, smell the  
fresh air*

**\$918  
PP/DBL**

Spend 9 days & 8 nights at:



### Charleston, Savannah & Jekyll Island, SC

April 1–9, 2017

*Saturday through Sunday*

Tour beautiful Savannah, Jekyll & St. Simon's Island with a motor coach bus! You'll visit the former exclusive "Millionaire's Club," "Belle of Georgia," enjoy dinner, view a one-of-a-kind entertainment & more!

**May 22–26, 2017**

*Monday through Friday*

Did you ever want to pack your bags & be promised a great time?! Sign up for our Mystery Trip today! Here's what you need to know:

- ◆ You'll be spending 5 days & 4 nights in the same hotel
- ◆ There will be 8 meals: 4 breakfast & 4 dinners
- ◆ Expect three forms of travel during this trip

**\$549 per person, double occupancy**  
 (\$45 travel insurance available)  
**\$699 single occupancy**  
 (\$59 travel insurance available)  
**\$75 deposit required**

**Limited seating available for these trips. Call soon to save your spot!**

### Day Trips

—————2016—————

*Limited seats available!*

**Churches and Chocolates** - November 10 - \$99 IN  
*(Visiting Lutheran, Episcopal & Catholic churches & 2 chocolatiers)*

**North Star Casino** - November 16 - \$59 IN  
*(Roepke's, Charlesburg)*

**Fireside Christmas** - December 15 - \$105 IN

—————2017—————

**The Bodyguard (Appleton PAC)** - January 19 - \$89  
*(No meal)*

**Wonder Bread Years** - January 27 - \$79 IN  
*(Schauer Center—Featuring John McGivern)  
\*\* WI Fish Fry Included! \*\**

**Fasching Dinner & Show** - Feb 12 - \$69 IN  
*(Dorf Kapelle Band & German Mardi Gras)*

**Cabaret (Appleton PAC)** - February 28 - \$89 DT

**Happy Travelers is now offering gift certificates in any amount—perfect for gifting during the holidays! Stop in today!**

### Extended Trips

*Seats still available!*

**Yellowstone & Glacier Adventure**  
*11 days July 17-27, 2017 - \$2875 pp/dbl*

**South Pacific Wonders - Australia & New Zealand\*** October 31–November 14, 2017 with Extension 4 Days/3 Nights in Fiji - \$6899 (dbl)

**Colors of New England\***  
September 26–October 3, 2017 - \$3529 (dbl)  
*(Includes lobster dinner and tours of Woodstock)  
\*discounts if paid in full by discount date!*



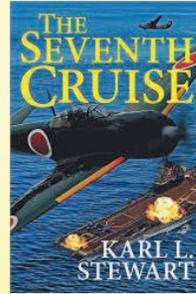
[www.facebook.com/HappyTravelersFondduLac](http://www.facebook.com/HappyTravelersFondduLac)

# Announcements/Mark Your Calendar

## Mahjong Informational Meeting

Tuesday, November 15 @ 10:00 AM

We will be holding an informational meeting to see if there is enough interest to start a Mahjong group here at our Center! No matter what level you are (beginner to advanced), feel free to show up! We hope to see you there!



Meet the Author:

**Karl Stewart**

Karl will be here to talk about his newest book:

Thursday, November 17  
1:00 PM

Set during WWII, *The Seventh Cruise*, Karl Stewart's third novel, finds See Bird Carpenter preparing his grandson, Stu Carter, for what is to come before the young man embarks on a long, four year, two ocean war. When Stu meets Maggie while on 'liberty', sparks fly. But can love survive the brutality of modern war?

Profits from the sale of this book will go to the Disabled American Veterans.

## BAKE SALE!!!!

Plans are underway to hold a Bake Sale on Election Day, November 8, 2016 to support the Fond du Lac Area United Way. We are looking for volunteers to donate baked goods for the sale. If you are interested in helping out, please sign up by calling 322-3630. Be sure to stop out that day to pick up a treat! Sale begins at 8:00am.

Proceeds will go to support the Fond du Lac Area United Way



## Memory Café

The first Friday of each month held at the Senior Center.

Friday, November 4; 10:00 a.m.

The theme this month is Creative Story Telling! Come exchange stories with others during this fun and interactive activity, and you'll be surprised what you can learn from others! The only limit is your imagination—so come one, come all!

Reminder: This event is designed for individuals with early stage dementia, mild memory loss or cognitive impairment and their care partners.

Next Cafe: Friday, December 2nd at 10:00 a.m.

Sponsored in part by: **ManorCare** Health Services

Stop by the Senior Center to get your copy of our Dine Out Coupon Book today for only \$7.00 for local dining!



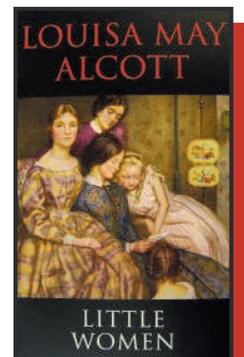
## BOOK CLUB NEWS

The Book of the Month

*Little Women*

By: Louisa May Alcott

Meeting will be on Monday, November 21 at 9:30 AM



# 2017 Friends Membership Application

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

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

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

<b>NAME(s)</b> (both, if couple)	
<b>MAILING ADDRESS</b> (with apt #)	
<b>CITY, STATE, ZIP</b>	
<b>PHONE NUMBER</b>	
<b>BIRTHDATE</b> (optional)	
<b>E-MAIL</b> (absolutely confidential)	

**I'D LIKE TO GO GREEN!** *RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE*

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

**CHOICE OF SUPPORT:**

- \$10.00 Single**     **\$15.00 Couple** (same address)
- \$\_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 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 our Center and is much appreciated. You will receive a 2017 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 our 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 2017 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

**FOR OFFICE USE ONLY**

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

- NEW 2017 Member       Renewal      Receptionist Initials \_\_\_\_\_
- FANTASTIC FRIENDS \$50       FABULOUS FRIENDS \$100
- Received Dine Out Book for Fantastic or Fabulous membership     Received Happy Travelers Info
- Received *Among Friends* Newsletter

Nov 2017 Newsletter

\_\_\_\_\_ Card File

\_\_\_\_\_ Computer

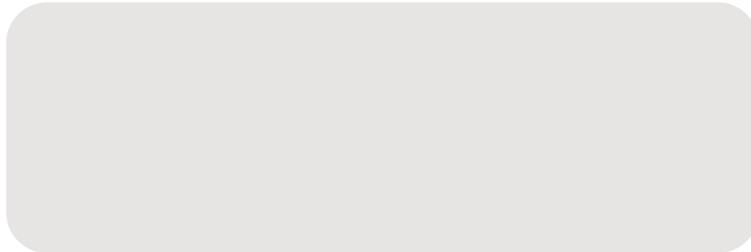


## Fond du Lac Senior Center

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

*Cathy Loomans* 322-3632  
cloomans@fdl.wi.gov

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### TRAVEL COORDINATOR ASSISTANT

*Vicki Wiesner* 322-3633

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

*Katie Fischer* 322-3636

#### PROGRAM COORDINATOR

*Sarah Olson* 322-3641

#### MARKETING/FUND COORDINATOR

*Christina Thor* 322-3640

#### OUTREACH/WELLNESS COORDINATOR

*Sarah Olson* 322-3641

#### GIFT SHOP COORDINATOR

*Mary Otterstatter* 322-3638

### FRIENDS BOARD OF DIRECTORS

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

### SENIOR CITIZEN ADVISORY COMMITTEE

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

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

Wisconsin  
Association of  
Senior  
Centers



### MISSION

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

### VISION

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

*The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.*