

# Among Friends



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

## November 2014

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

The 2015 Friends Membership Drive runs from  
November 1–December 30, 2014

## *Membership has its Perks*

## JOIN NOW!

Join or renew your Friends membership  
for a chance to

## WIN \$100 CASH and other great prizes!

**NEW FRIENDS PERKS COUPONS!**  
Members will receive a coupon book with deals and discounts from local businesses worth more than the cost of your membership!

It's wonderful to see record numbers of seniors coming to the Senior Center and taking part in hundreds of programs, services and activities! Whether you are a current member, or are interested in becoming a NEW member, please fill out the membership form on pages 21 and 22 and return it along with your check to the Senior Center before December 30, 2014 to be eligible to win great prizes in our 2015 FRIENDS MEMBERSHIP DRIVE.

# 2015 DINEOUT COUPON BOOKS



November  
2014

A Free Monthly Publication  
Vol. 5 • 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..... dwinkelmenn@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.*



## 2015 DINEOUT COUPON BOOKS

2015 Friends of the Fond du Lac Senior Center Dine Out Coupon Book  
contains 52 coupons that offer discounts  
at more than 40 area restaurants:

- A&W Drive-In** \$1 OFF Papa Burger Combo or Bacon Cheese Burger Combo  
Buy One Root Beer Float or Smoothie, Get One FREE
- Ala Roma Italian Pizzeria & Pub** Buy a Meal at Regular Price, Get ½ OFF 2nd Meal
- Ang an Eddies (NEW!)** Buy One Pizza at Regular Price, Get Second Pizza 1/2 PRICE
- Backyard Grill & Bar** \$2 OFF Friday Night Perch Plate or Baked Haddock
- Bagelmeister (NEW!)** 10% OFF Your Entire Order
- Benvenutos (NEW!)** Buy One Entrée, Get Second Entrée 1/2 PRICE
- Blanck's Supper Club (Johnsburg)** \$3 OFF Purchase of \$10 or More
- Blanck's Lake Aire Supper Club** \$3 OFF One Dinner with Purchase of 2nd Dinner
- Boda's Restaurant** \$5 OFF Purchase of \$10 or More
- Capone's (Big Al Capone's)** \$2 OFF on a Wisconsin Fish Fry Buffet
- Coliseum Sports Bar & Grill** Buy Entrée at Regular Price, Get ½ OFF any Appetizer
- Commonwealth Coffee & Deli (NEW!)** Buy One Coffee, Get One Coffee FREE
- Cool River Sports Grill** Buy Entrée at Regular Price, Get ½ OFF on 2nd Entrée
- Cousins Subs** Buy a 7½" Sub, Chips & Regular Drink, Get a 2nd 7½" Sub FREE
- Dairy Queen East** Buy One ¼# Grillburger, Get One FREE
- Dillon's—Ledgewood Lanes** \$1.50 OFF on a Friday Fish Fry (on up to two dinners)  
\$1.50 OFF a 12" Pizza or \$2.50 OFF a 16" Pizza
- Eden Café & Eden Grill in Taycheedah** Buy a Texas-style Sandwich, Get One ½ OFF
- Fat Joe's** 15% OFF any menu item
- Friar Tuck's** 10% OFF on entire bill (one guest check)
- Gille's Frozen Custard Drive-In** Buy a Sandwich, Get a Sandwich FREE
- Gino's Italian Restaurant** \$3 OFF Any Pizza Entrée
- Korneli's Main Street Express** \$2 OFF any item from Korneli's Kitchen & Catering  
FREE Personal Meal with any Korneli purchase
- Mancino's** Buy Pizza or Grinder, Get ½ OFF 2nd Pizza or Grinder
- Oak Central** 50% OFF Second Meal (Friday night only)
- Philly's on 4th** FREE 2-liter soda with any medium or large pizza purchase  
Buy a 4-pc Chicken Dinner or Large Pizza, Get a Leg & Thigh Dinner FREE
- Philly's on the Miracle Mile** FREE Chips & 32 oz. Soda with Sandwich Purchase  
One Scoop Reg. Cone or Dish for 89¢ or One Scoop Waffle Cone \$1.49
- Pioneer Pit Stop** Buy Dinner at Regular Price, Get ½ OFF 2nd Dinner
- Pizza Ville** \$1 OFF Any Buffet or Delivery Purchase
- Pump 'n Pantry** Buy Dinner at Regular Price, Get ½ OFF 2nd Dinner
- Red Cabin at Green Acres** 10% OFF Entire Bill (Food only)
- Rolling Meadows Family Restaurant (NEW!)** Buy One Breakfast at Regular Price,  
Get 2nd Breakfast 1/2 PRICE  
Buy One Dinner at Regular Price, Get 2nd Dinner 1/2 PRICE
- Salty's Seafood & Spirits** 10% OFF on entire bill (one guest check)
- Schmitt's Oar House** Buy One Entrée, Get ½ OFF 2nd Entrée (up to \$6)  
½ OFF Any Gourmet Pizza (up to two toppings)
- Sebastian's Steak House** 10% OFF on entire bill (one guest check)
- Sombrero's** \$5 OFF Any Purchase of \$25 or More
- Subway** Buy One 6" Sub and Medium Soda, Get Second 6" Sub FREE
- Sunset on the Water** Get a \$5 Gift Certificate with a guest check of \$20 or more
- Taco John's (NEW!)** Buy One Meat and Potato Burrito, Get Second One FREE
- Trinity Restaurant & Hall** FREE Glass of Wine or Bottle of Beer with Any Entrée  
Purchase (\$5 Limit)
- Tuckers** \$1 OFF Any Beer Batter Fish Dinner  
Buy Homestyle Cheeseburger & Reg. Soda, Get One FREE
- The Welsch** Buy One Sandwich or Dinner Entrée, Get One FREE  
\$2 OFF Friday Night Fish Fry PLUS FREE Soup & Salad Bar (\$5 value)
- Wendt's on the Lake** Get a \$5 Gift Certificate with a guest check of \$20 or more,

**Other restrictions, exclusions and limitations may apply on coupon offers. See coupon for details.  
Thank you to these restaurants and businesses for their support and generosity in this fundraiser!**

# PANCAKE BREAKFAST

Enjoy a delicious ALL-YOU-CAN-EAT pancake breakfast  
at the Fond du Lac Senior Center

## Friday, November 21

8 a.m. – 1 p.m.



All proceeds  
benefit the  
Senior Center  
"Senior Outreach  
Program"  
A United Way Agency

**COST: \$5** Includes: All-you-can-eat Pancakes, Sausage,  
Applesauce, and Beverage

Sponsored by Lake View Place. Reservations appreciated at 322-3630. Walk-ins welcome.

### Newsletter Crew

Editor.....Dottie Winkelmann  
Coordinator.....Joan Brezinsky  
Contributor.....Jean Holzman  
Labels.....Darlene Lyness  
Mail Crew.....20+ volunteers!

### Newsletter Deadline

The deadline to submit something for  
the December *Among Friends*  
newsletter is Friday, November 7.  
Please submit information to Joan  
Brezinsky.

### Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday  
mornings from 9:10-9:25  
a.m. for the Senior Center  
update.



Dottie Winkelmann, Senior  
Center Director, is the guest of Wade Bates on  
his *After Breakfast Show* every Monday  
morning. Listen in for information about  
upcoming activities and events at the Senior  
Center.

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3

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# VOLUNTEERS NEEDED

**Training opportunities start soon**  
**Call NOW for more information, or to volunteer!**

If you are computer literate and good with numbers, have some basic tax knowledge and enjoy helping people, your help is needed during this coming tax season. The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance, and free e-filing to low-to-moderate income taxpayers - with emphasis on those over 60.

Two roles are available: 1) Client facilitators - are needed to organize the client's personal information. They will have a short training session of about two hours to prepare for the season. 2) Preparers - will use TCE materials to prepare for and complete a proficiency test prior to formal training. They will prepare tax returns for our clients from the first week in February until mid-April.

Instructional materials will be provided to be used for individual study of tax law. Preparers must pass an open-book proficiency test on the materials prior to January training. Optional Wednesday sessions in November will provide practice using our tax software and will review tax law. If needed, sessions will be scheduled in December to supplement the training materials. Mandatory day-long training sessions will be held January 13, 14 & 15 at MPTC. The sessions will be taught by certified instructors Jim Pollard and Mike Sweney and will train volunteers on Wisconsin tax law, as well as reinforce and expand upon federal preparation. Preparers and client facilitators are expected to volunteer at least one 4-hour session per week. Many volunteer a full day, or more.

TCE volunteers are people who like to help others. They are also motivated to learn the tax system and apply their knowledge and tax skills to assist others. Jim and/or Mike will be on site every session. Tax appointments will be made Tuesdays, Wednesdays and Thursdays during the ten-week tax season. For more information, please contact the Senior Center at 322-3630 or Mike Sweney at 923-1916.

## SEEKING FRIENDS BOARD MEMBERS FOR 2015-17

Get involved with our Senior Center! The Fond du Lac Senior Center Friends Board is seeking **five (5)** new members to serve on the Friends Board for 2015-17. The election will be at the January Annual Meeting but we need to establish a slate of potential members prior to Friday, January 30, 2015. If you're interested or would like more information, please contact Dottie Winkelmann at 322-3630.



*Thank you to our 2014 Friends Board!*

## HO HO HOTLINE 17 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 hours will be from 3:30–4:30 p.m. at the Senior Center. Call the Center at 322-3630 if you could help one or more days. We need 17 volunteers! The children—and seniors—loved it last year!



# Fond du Lac Senior Center Friends Christmas Party

OPEN TO ALL FRIENDS MEMBERS!

Monday, December 8, 2014

**KC HALL**

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

*Entertainment following dinner: "Fondy High School Chorus"*

## Menu is a choice of 2 entrées:

*Baked Chicken OR Swiss Steak w/Mushroom Gravy  
House Salad and Rolls  
Whipped Potatoes & Gravy, Vegetables,  
Coffee, Tea or Milk, and Butter Pecan Ice Cream*

**\$14.50 per person**

Firm deadline to register is Wednesday, November 26

...UNLESS it fills with 250 before that date. NO REFUNDS after November 26

- CA\$H door prizes & 2015 Dine Out Coupon Books
- 2015 Happy Travelers Trip Highlights
- NEW Senior Center programming

**SENIOR CENTER CHRISTMAS PARTY:** You **MUST** be a Friends member to attend. Space will be **LIMITED to 250** so sign up as soon as possible. Firm deadline to register is Wednesday, November 26, 2014 **UNLESS it fills before that date!**

NAME \_\_\_\_\_  Baked Chicken OR  Swiss Steak  
 \$14.50

NAME \_\_\_\_\_  Baked Chicken OR  Swiss Steak  
 \$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 250 SO PLEASE REGISTER ASAP!**

..... *Office use only:* .....

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

# HEALTH & WELLNESS



## One Simple Nutrient Could Improve Your Health

Vitamin D is used for treating: weak bones (**osteoporosis**), bone pain (**osteomalacia**), and bone loss. It is also used for **preventing falls and fractures** in people at risk for osteoporosis, and preventing low calcium and bone loss (in people with kidney failure.) Vitamin D is used for conditions of the heart and blood vessels, including **high blood pressure** and **high cholesterol**. It is also used for **diabetes, obesity, muscle weakness, multiple sclerosis, rheumatoid arthritis, chronic obstructive pulmonary disease (COPD), asthma, bronchitis, premenstrual syndrome (PMS), and tooth and gum disease**. Some people use vitamin D for skin conditions. It is also used for **boosting the immune system, preventing autoimmune diseases, and preventing cancer** (*From Web MD*). Since this is such an important vitamin, why not get your level checked by Consultant's Lab? Then talk to your physician if you are deficient. **See next column for test info.**

## TAI CHI

The next Tai Chi session will begin in January, 2015. Watch the December newsletter for details. It will meet on Tuesday mornings from 9 — 10 a.m.



Walking class meets Monday afternoons (Room 3) and Thursday afternoons (Activity Room) at 3:45 p.m. Wear walking shoes for comfort. 50¢ donation.



## EXERCISE CLASSES LOW IMPACT CHAIR EXERCISE

With Jaime Roth

**Mondays 9:00 – 9:30 a.m.**

Sponsored by *All About Life Rehabilitation Center*

## CHAIR EXERCISE VIDEO

**Wednesdays 9:45 – 10:15 a.m.**

Sponsored by *Lutheran Homes and Health Services*

## OTHER EXERCISE

**Hikers** ..... Tuesday & Thursday mornings

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

**Beginning Line Dance**.....Saturdays; 10—11:30 a.m.

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

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

**Zumba Gold**.....Monday evenings 5:30 to 6:30 p.m.

Call 920-606-9078 for information.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Kindred Hearts

**Friday, November 14; 9—10:00 a.m.** *2nd Friday of the month*

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

**Friday, November 14; 9—10 a.m.** *2nd Friday of the month*

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

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

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

*2nd Tuesday in May, November*

Cost: \$20; Call 322-3630 for appointment. *12-hour fast required*

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; Cost: \$20

**Thursday, November 6, 13, 20**

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, November 14; from 8:30—10 a.m.**

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment; Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

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

Owner of Country Doctor

**Tuesday, November 25; 10 a.m.—4 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 11 from 8:30 — 11 a.m.** *2nd*

*Tuesday in May, November*

Cost: \$40; Call 322-3630 for appointment.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Next meeting will be January 22; 6:30-8:00 p.m.** (*4th Thursday*)

Fond du Lac Senior Center, 151 E. First Street

### DIABETIC SUPPORT GROUPS

**Tuesday, November 18; 4:00—5:00 p.m.** (*3rd Tuesday*)

Aurora Health Care Center, 210 American Drive ~ American Room

**Tuesday, December 9; 6:00—7:00 p.m.**

St. Agnes Hospital, 430 E. Division Street ~ 5th Floor Mtg Room

### GLUTEN FREE SUPPORT GROUP

**Friday, November 14; 9:00—10 a.m.**

Agnesian HealthCare Journeys, 430 E. Division Street

### PARKINSON'S SUPPORT GROUP

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

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER

**Tuesday, November 11; 8:30 a.m.** (*2nd Tuesday of the month*)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

# HEALTH & WELLNESS



## Insights and Inspirations Thursday, November 6 10 — 11 a.m.

**Gary Bauer**, author of *You Must Answer This*, will share an uplifting look at life in the face of adversity. Gary's book

takes a heartfelt look at an extremely rare and debilitating disease called Inclusion Body Mytosis or IBM. Gary will discuss some of his life lessons, philosophies and how he keeps a positive outlook battling IBM. **Please call 322-3630 to register.**

## LOOK GOOD...FEEL BETTER Wednesday, November 12; 10 to 12

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created **for women of any age** undergoing cancer treatment to help them look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227



## Senior Wellness Morning Friday, November 14; 9—11 a.m. The Seven Dimensions of Wellness Greg Brewer, MS, LCWS, LMFT, LPC

Join Greg as he reviews all seven dimensions of wellness and tells how we can grow in each of the areas.

9—10 a.m. Blood Sugar Screening, Blood Pressure Screening, Hearing Screening and Vendor booths.  
10 —11 a.m. Presentation by Greg Brewer

## PLEASE SUPPORT OUR SENIOR OUTREACH PROGRAM FUNDRAISERS:

### Pancake Breakfast sponsored by Lake View Place



### Friday, November 21 8 a.m. to 1 p.m.

All you can eat pancakes for \$5. Please call 322-3630 to reserve, but walk walk-ins are welcome. We will honor our veterans. See page 3 for more details.



## Heart Tree Ornaments November 8 — January 28

Honor a loved one, either living or deceased. Purchase ornaments at the front desk for \$3 each or return the order form on page 10. The heart tree dedication will be held on Thursday, February 5, at 10 a.m.

# SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## COMMUNITY CARES

Volunteers will visit **Sterling House**, 1001 Primrose Lane, on **Tuesday, November 25**, from **2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors.

New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, please call 322-3630. A small gift is provided for residents by the Senior Center.

*ONE HOUR TO SHOW YOU CARE*

## SENIOR OUTREACH PROGRAM

Outreach Volunteers will meet on **Thursday, November 6**, at 9 a.m. to submit reports, share concerns and encourage each other. At 10 a.m. we will be joined by **Gary Bauer**, author of *You Must Answer This*. Gary is a very positive person despite his debilitating disease of IBM. Come and be encouraged as you listen to Gary while he shares his life's story with us.

**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

# HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

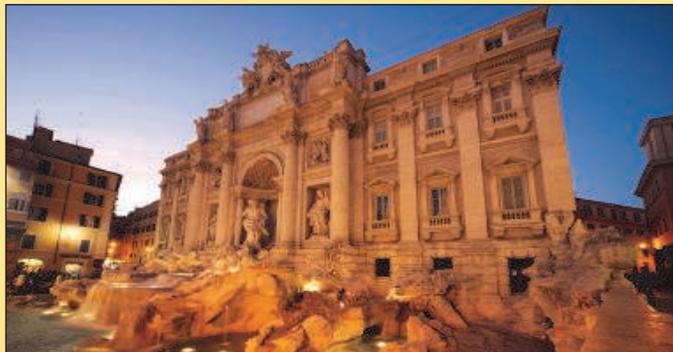
## UPCOMING TRIPS

All day trips include driver's tip.

REMINDER: Motorcoach pick up point has been moved to St. Vincent de Paul parking lot on Peters Avenue.

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

Join us for a  
**TRIP OF A LIFETIME!**



Fond du Lac Senior Center presents

## Classical Italy

Featuring Rome, Florence & Venice

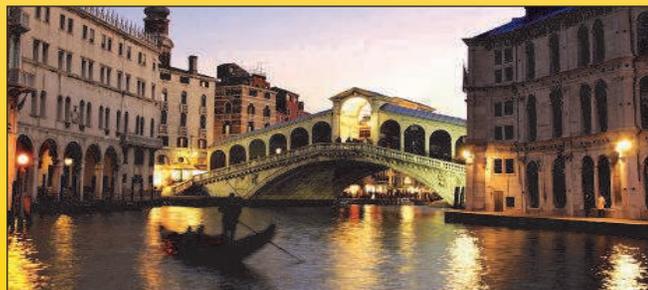
Thursday, March 19, 2015

12 days, 16 meals

\$4,199 per person double occupancy

### Tour Highlights include:

Rome, Florence, Venice, Italian Coast & Isle of Capri, Italian Lake District, Pompeii Excavations, Orvieto, Padua—St. Anthony's Basilica, Colosseum, St. Peter's & Vatican City, Treasures of the Vatican, Academy Gallery—Statue of David, Leaning Tower of Pisa, Verona—Juliet's Balcony, Lake Como Cruise, Bellagio, 5 Multi-Night Stays.



## Get ready to pack your bags & have some fun!!



The 2015 Happy Travelers Trip Schedule will be available starting Saturday, November 8, at the Community Craft Fair.

Pick up your copy so you can start planning your 2015 getaways soon!

MAKE NEW FRIENDS AND HAVE SOME FUN WITH HAPPY TRAVELERS IN 2015!

## CHRISTMAS AROUND THE WORLD BAKERY BUS TOUR

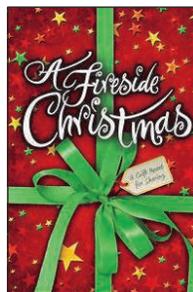
Tuesday, December 16 — \$102

Join us for a day of sweet treats!

We'll be going to FOUR BAKERIES—The National, Canfora, Simma's and La Tarte. Also making a stop at Ultimate Confections



(chocolates) and Rose's Flower Shoppe (flowers). Lunch will be at Mader's in Milwaukee. *A delicious day!*



## A FIRESIDE CHRISTMAS

Fireside Theater

Wednesday, December 10

\$95

The Fireside Christmas show has become a must see tradition. The show re-kindles the true Christmas spirit through songs, stories and dances featuring beautiful costumes and settings, glorious singing, and breath-taking dancing. If the trip is full, be sure to put your name on a wait list in case of cancellations.

# GREAT GIFT IDEA!



## KWIK TRIP CARDS MAKE GREAT GIFTS!

Buy your Kwik Trip Gift Cards at the Senior Center. These easy to use cards can be used at any Kwik Trip for gas or anything in the store (except money orders).

For every \$25 card you buy,  
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*What a great way to support the Senior Center!*



9

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# HOLIDAY PROGRAMS

AARP  
CHAPTER #614  
**Christmas  
party**

**Wednesday, December 17**  
**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,  
green beans, fruit fluff, cake, and beverages

**COST: \$10 per person**

Make check payable to "AARP Chapter 614," and mail to  
Ardie Zarling, N7949 Lakeshore Drive, Fond du Lac, WI 54937.  
The deadline to register is Friday, December 13.

★ **GREAT FOOD**    ★ **ENTERTAINMENT**    ★ **FUN**

\*Opportunity Raffle – get a raffle ticket for a chance to win  
a prize—you'll receive a ticket for each canned good donation  
(the more cans you bring, the better your chances to win)

Deadline to register: Friday, December 12; Limit of 80 attendees

\*If you would like to join for \$3, your membership is good now through  
December 2015. Those joining by January 31 will be eligible for a \$25 gift  
certificate in a random membership drawing to be held at the AARP  
General Meeting at the Senior Center on Thursday, February 19, 2015.

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

## HEART TREE

*Delicate spun glass  
heart ornaments*  
**\$3.00 donation**



The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, Friends of the Senior Center and FDL 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 donate \$3 for 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 dedicate ornaments for the tree is Wednesday, January 28. The Heart Tree will be located in the Senior Center lobby. Proceeds benefit the Senior Outreach Program. A heart tree dedication ceremony will be held on Thursday, February 5, 10:00 a.m.

✂ -----

### HEART TREE 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) :

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

**\$3.00 EACH NAME Total Enclosed** \_\_\_\_\_

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

**DONATED BY:**

Name \_\_\_\_\_

Street \_\_\_\_\_

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



Please  
don't forget  
to register for the

**SENIOR CENTER**  
**CHRISTMAS PARTY**  
**MONDAY, DECEMBER 8**  
**AT THE KC HALL**  
**!!!**



Please join us for this festive holiday tradition! Registration is required—a registration form and other details can be found on page 5 of this newsletter. Firm deadline to register: Wednesday, November 26, unless it fills with 250 people before that date.

# ARTS, ANTIQUES & CRAFT FAIR

The Senior Center is pleased to help the Fond du Lac Area United Way who helps support our Senior Outreach Program.  
**LIVE UNITED!**

## Arts, Antiques & Craft Fair

**Saturday, November 8, 2014**

**9 a.m. – 1 p.m.**

**Fond du Lac Senior Center**

151 E. 1st Street Fond du Lac 920-322-3630

- ◇ **ARTS** – paintings, woodworking, jewelry & more
- ◇ **ANTIQUES** – vintage keepsakes
- ◇ **CRAFTS** – special hand-crafted items
- ◇ **2015 TRIPS, MEMBERSHIPS, & MORE**  
Check out Friends opportunities & chance to win \$100!
- ◇ **50¢ SNACKS** – homemade goodies, sundaes, & popcorn *while it lasts!* We will NOT be serving lunch
- ◇ **This 'n That Craft & Gift Shoppe** will be open & every ½ hour we will be giving away a 2015 Dine Out Coupon Book (\$150+ value!)

**OPEN TO THE PUBLIC – ALL AGES  
WELCOME—FREE!**

**FEATURING OVER 20 AREA CRAFTERS,  
ARTS & ANTIQUE VENDORS  
SOMETHING FOR EVERYONE!**



Sponsored by the Senior Outreach Program at the Fond du Lac Senior Center to benefit the Fond du Lac Area United Way—booth fees will be donated to the United Way.

### 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.

**Nov. 11 Capone's**  
**Nov. 18 Paddy's**  
**Nov. 25 Blanck's Lake Aire**  
**Dec. 2 Fat Joe's**



**GREAT OPPORTUNITY TO  
SOCIALIZE & MEET NEW FRIENDS!**  
More info: call Max at 920-269-4180.

**Dine Out  
Coupon Books  
Make Great  
Gifts!**



2015 Dine Out Coupon Books contain deals and discounts from **43 area restaurants**. More than **50 coupons** in all!

Pick up your **2015 Dine Out Coupon Books** in the Craft Shoppe beginning Saturday, November 8.

**Only \$6 each  
for savings of over \$100!**

*Buy them for yourself, family members,  
friends, neighbors, teachers, etc.*

### Happy Thanksgiving!

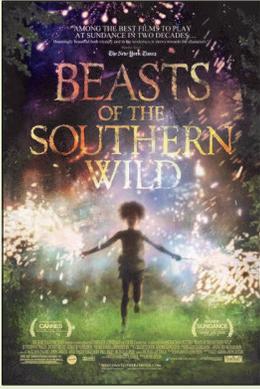
The Senior Center will be closed on Thanksgiving, Thursday, November 27, and Friday, the 28th.



**We are thankful  
for you!**

# MOVIE OF THE MONTH

## “Beasts of the Southern Wild”



**Two showings: Monday, November 10  
Thursday, November 20**

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

**November 10 Menu:** Ham rolls, squash, cole slaw, pear slices, vanilla pudding, sliced bread

**November 20 Menu:** Chili casserole, wax beans, butterscotch pudding, seedless grapes, cornbread

### 12:30 p.m. Movie: “Beasts of the Southern Wild”

2012 movie; Drama/Fantasy; 1 hr 33mins; PG-13. Starring: Quvenzhané Wallis, Dwight Henry, Levy Easterly

Faced with both her hot-tempered father's fading health and melting ice-caps that flood her ramshackle bayou community and unleash ancient aurochs, six-year-old Hushpuppy must learn the ways of courage and love.

**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. *If you register to attend but are unable to come, please call to let us know.*

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

### FOR RENT – ELDERLY HOUSING

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

#### Westnor Apartments at 653 West Arndt Street, Fond du Lac

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

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

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

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

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

#### Rosalind Apartments at 15 North Marr Street, Fond du Lac

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

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

### NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac  
CALL RHONDA AT (920) 929-9270  
An Independent Living Community For 55+

-Certain Income Guidelines Apply-  
1 and 2 Bedroom  
Apartments Available

MANAGED BY PROFESSIONAL PROPERTY MANAGEMENT



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



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### HOUSE CALLS ARE OUR SPECIALTY!

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

Because we care  
Help is on the way



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Equal Opportunity Employer

286 18th Street • Fond du Lac

### The Villas of the Holy Land

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



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

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



**Villa Loretto Nursing Home**  
N8114 Cty. WW, Mt. Calvary, WI 53057  
(920) 753-3211 • Fax (920) 753-3100  
Administrator: Sandra Randall



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

### PORTLAND SQUARE APARTMENTS

### NOW RENTING

LARGE ONE BEDROOM  
APARTMENTS FOR SENIOR  
AND DISABLED

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

Call Today  
920-922-2562



55 North Portland St.  
Fond du Lac, WI

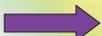
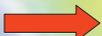
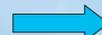
# SENIOR WELLNESS MORNING

Fond du Lac Senior Center, 151 E. 1st Street. Call 322-3630 to register.

## Join us as we explore the 7 Dimensions of Wellness

Friday, November 14  
9:00-11:00 a.m.

*Wellness involves all of who we are, not just our physical health. Learn about the various dimensions of wellness and how to grow in each of these areas:*

- |   |               |  |              |
|---|---------------|--|--------------|
|  | Physical      |  | Emotional    |
|  | Intellectual  |  | Social       |
|  | Environmental |  | Occupational |
|  | Spiritual     |  |              |



10:00-11:00 Guest Speaker:  
Gregg Brewer, MS, LCSW, LMFT, LPC

*Gregg is a licensed clinical social worker with extensive experience providing therapy to all ages, including individuals, couples and families. At this presentation, he will be reviewing all 7 dimensions of wellness and will explain how we can grow in each of these areas.*

### 9:00-10:00 Health Screenings:

Hearing by Avada

Blood Pressure by Kindred Hearts

Blood Sugar (fast required) by Lutheran Homes and Health Services

### 9:00-10:00 Vendor Booths:

Second Set of Hands

Generations Home Care and Hospice

Alzheimer's Association

Comfort Keepers

Heartland Hospice Services

ManorCare Health Services

Wink Chiropractic

KindredHearts

The Country Doctor

Call the Senior Center at 322-3630 to register.

# RECREATION

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

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

## ART CLASSES

Tuesday AM & PM See page 15

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): Rienzi Cemetery

1st Tuesday (even months): TBA

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): TBA

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Shepherd Law Office

4th Tuesday (even months): TBA

5th Tuesday: TBA

## BOOK CLUB

3rd Monday at 9:30 a.m.

Nov. 17 *Hatchet* by Gary Paulson

Dec. 15 Breakfast at Faros

Jan. 19 *Orphan Train* by Christina Baker-Kline

**Book synopses available at front desk.**

**New members welcome.**

## BRIDGE

\$1 donation

Tuesdays: 12:45 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:45 p.m. Advanced

## CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

## CHORUS

Red Hat Honeys & Singing Classes

## COIN CLUB

2nd Tuesday at 6:30 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Gerry Krebsbach 921-9509 for info.

## FLY TYING CLUB

2nd Thursday of month at 1:00 p.m.

## GERMAN CLUB

Mondays at 1:00 p.m.

## HAND & FOOT (Card Game)

Wednesdays at Noon

## HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

## LINETTES (EZ Line Dancing)

Call for info 322-3630

## MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

## POKER

Mondays at 1:00 p.m.

## POOL Open Pool daily

Leagues

8-Ball Tuesdays 8:30 a.m.—12:30 p.m.

9-Ball Wednesdays 8:30 a.m.—12:30 p.m.

## 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 a Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues and 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 6

Rolling Meadows Restaurant

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

## SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

## Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

*Jack of Diamonds*

Wednesdays and Fridays at 1:15 p.m.

*Black Queens*

## SKAT

Tuesdays at 9:00 a.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

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

Friday, November 21

Eagles Club

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

## TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

## WACKY RACES

Last Tuesday of month at 3:00 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.

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!*

# EXPLORE YOUR CREATIVE SIDE

## 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

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting December 2, 9, 16, 30	Tues	10—noon	4	\$16
Drawing & Watercolor December 2, 9, 16, 30	Tues	12:45—2:45 pm	4	\$16
Mixed Media December 2, 9, 16, 30	Tues	3—5:00 pm	4	\$16
Open Sewing Lab Watch newsletter for next session coming spring of 2015	Wed	3:30—6:30 pm	5	\$15
Country Line Dancing November 20, December 4, 11, 18	Thurs	6—7:30 pm	4	\$10
Beg. Country Line Dancing December 6, 13, 20	Sat	10-11:30 am	3	\$7.50
Singing November 11, 18, 25, December 2, 9, 16	Tues	10-11 a.m.	6	\$25

## CARD MAKING CLASS

with Jana Secord  
2nd Tuesday of each month

Next class:  
Tuesday, November 11  
Christmas Cards

3 sessions to choose from:  
3:15—4:45p.m., 5:15—6:45 p.m.  
or 7—8:30 p.m.

Make three beautiful cards for \$6—  
or cards and class are FREE if you place a minimum  
\$15 product order towards making your own cards!  
Please bring adhesive and scissors to class. To  
register, contact Jana at 920-979-5262 by 6 p.m.  
November 10. Early reservations are appreciated.



## ARTIST OF THE MONTH

November: Mary Eiring

An “Artist of the Month” is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!



## BOB ROSS PAINTING CLASS

Friday, November 7

9 a.m.—5 p.m.

Dorothy Curry, Certified Bob Ross Painting Instructor

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

Participants should bring a 16” x 20” canvas (preferably a Bob Ross or Frederick canvas – available at Michael’s Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvases will also be available for a \$10 fee payable to Dorothy on that day (please indicate when you sign up that you would like to purchase a canvas). 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. The cost for the class is \$60 and must be paid at the Senior Center front desk at the time of registration. Space is limited to 10 students, so *register as soon as possible.*



NO art experience needed. Explore your creative side!

# RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies—any age. Pick up a “What’s Buzzin” newsletter at the front desk to see details about chapter activities.



## Red Hat Honeys Christmas Party

We hope to organize a Christmas party soon! Check the Red Hat Honeys binder at the front desk for more information sometime in mid-November.



16

# THIS ‘n THAT

## Craft & Gift Shoppe

OPEN TO THE PUBLIC

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

Beautiful Autumn Items for Your Home



We have a large selection of beautiful table runners and other items for your Thanksgiving table. See us today!

### Rienzi Cemetery, Chapel & Mausoleums



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Make your final resting place part of  
Fond du Lac History at Rienzi.

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### Fond du Lac Memorials

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(across from Haentze Floral)

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[kschumacher@nahsi.com](mailto:kschumacher@nahsi.com)

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## Now Leasing!



Ages 62+ and/or disabled

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

Convenient Location

101 Western Avenue, Fond du Lac

Call or stop by today! 920-921-7298

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920-946-2295



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

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PERFORMANCE • INTEGRITY

## ADRC AGING & DISABILITY RESOURCE CENTER OF FOND DU LAC COUNTY

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- \*LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

- \*OPTIONS COUNSELING AND LONG TERM CARE
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“Acceptance Of Paid Political Advertising Does Not Constitute An Endorsement By The Fond du Lac Senior Center, staff or the Publisher of the Newsletter.”

FIGHTING FOR THE 52ND!

Jeremy Thiesfeldt

WISCONSIN STATE ASSEMBLY

Paid for by Citizens for Jeremy Thiesfeldt, Linda Wendt, Treasurer

# WE'VE GOT CLASS! REGISTER DEC. 2!



MORAINÉ  
PARK  
TECHNICAL COLLEGE

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

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

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



## MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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### COMPUTER BASICS 1

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

103-483-30802	M, F	Jan 12, 16, 19, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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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. Registration starts December 2.

### COMPUTER BASICS 2

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

103-485-30822	M, F	Jan 23, 26, 30, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
---------------	------	----------------------	--------	----------------	---------	-----------	--------	---------

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. Registration starts December 2.

### COMPUTER BASICS 3

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

103-490-30827	M, F	Feb 2, 6, 9, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Registration starts December 2.

### COMPUTER BASICS 4

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

103-491-30922	M, F	Feb 16, 20, 23, 2015	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.50	\$35.96
---------------	------	----------------------	--------	----------------	---------	-----------	--------	---------

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. Registration starts December 2.

### COMPUTER FILES AND FOLDERS

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

106-630-30801	M	Jan 5, 2015	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.40	\$25.70
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Discover the difference between a file and a folder on your computer. Explore the different kinds of computer files and what they do on your computer. Practice using folders for organizing and storing files. Registration starts December 2.

# MPTC BASIC & RECREATIONAL COMPUTER CLASSES

## BEGINNING DIGITAL CAMERAS

203-641-30823	M	Jan 26	1 day	9:00 a.m.—1:00 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
---------------	---	--------	-------	---------------------	---------	----------	---------	---------

Examine the features of digital cameras and learn the technology and jargon associated with them. Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by email and over the Internet. Registration starts December 2.

## INTERMEDIATE DIGITAL CAMERAS

203-641-30826	T	Jan 30	1 day	9:00 a.m.—1:00 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
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Discover tools to improve both your digital pictures and your digital photography skills. Registration starts December 2.

## USING CRAIGSLIST

103-603-30879	F	Feb 6	1 day	1 p.m.—5 p.m.	4 hours	A. Mielke	\$20.40	\$25.70
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In this class, you will learn about selling and buying personal items on Craigslist for first time users. Students must have e-mail access. Bring a jump drive, digital camera and an item to sell. Registration starts December 2.

## GOOGLE ON

103-677-30880	M	Feb 9	1 day	12:30 p.m.—2:30 p.m.	2 hours	A. Mielke	\$12.45	\$15.10
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It's not just a search engine anymore. This class takes the student into all facets of Google (maps, earth, docs and more). You will be oohing and aahing as you discover the new things that Google does. Registration starts December 2.

18



**All About Life Rehabilitation Center**  
*OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS*

Serving the Fond du Lac Community  
 with Our Advanced Rehabilitation Unit

*And Our Track Record will Prove It!*

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

*Our goal is to get you back home safely!*

**All About Life**  
 REHABILITATION CENTER

115 East Arndt Street  
 Fond du Lac, WI 54935  
 920.923.7040  
[www.allaboutlifeskillednursing.com](http://www.allaboutlifeskillednursing.com)

Call to schedule a personalized tour of our Advanced Rehabilitation Unit  
*....helping people live better*

*Twohig*  
**Funeral Home**

[www.twohigfunerals.com](http://www.twohigfunerals.com)

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport  
 920-921-0960 920-533-4422

Cost conscience funeral services from full services to cremation  
 Robert J. Twohig Casey W. Twohig Gianna Wachholz Ehlert



**GRANCARE REHAB**

- ✓ Private Rooms/ Big Screen TVs
- ✓ Beautiful Interfaith Chapel
- ✓ Outcome-Focused Rehab
- ✓ High Caring Staff Ratio
- ✓ Excellent Food
- ✓ Live Music Weekly

**5-STAR FACILITY  
 WITH EMPHASIS ON  
 RETURN TO HOME**

**920-921-6800**

**NOW LEASING!  
 50 and Better**

- 1 Bedrooms
- Rent based on income
- Utilities Included\*
- Small pets welcome\*

\*some restrictions apply

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 Campbellsport, WI. EHO

**Annen  
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 Fond du Lac  
 920-922-0840

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[www.aboveandbeyondcaresolutions.com](http://www.aboveandbeyondcaresolutions.com)

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*advantage*  
 Care, Comfort, and Compassion  
 for the Whole Family

920-922-1560 or 1-800-HOSPICE  
 79 N Pioneer Rd, Fond du Lac  
[www.hospiceadvantage.com](http://www.hospiceadvantage.com)

# SERVICES & FUNDRAISERS

- Free computer/Internet access in the lab & lobby for members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment of the center or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.

**Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.**

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

WE  
ARE  
HERE  
— TO —  
HELP

**KWIK  
TRIP**

## **KWIK TRIP CARDS MAKE GREAT GIFTS!**

Buy your Kwik Trip Gift Cards at the Senior Center. They can be used at any Kwik Trip for gas or in-store purchase.

For every \$25 card you buy,  
the Senior Center  
makes \$2.50!



## Laugh A Little!

When asked by a young patrol officer, “Do you know you were speeding?” the 83-year-old woman gave the young officer

an ear to ear smile and stated, “Yes, but I had to get there before I forgot where I was going.”

The officer put his ticket book away and bid her good day!



## **SATISFY YOUR SWEET TOOTH with SEROOGY'S CANDY BARS!**

Seroogy's candy bars are now available at the Senior Center's receptionist desk and in the Craft Shoppe for \$1.50 each.

\*Mint Meltaway \*Almond Meltaway \*Peanut Butter Crisp



*What a delicious way to support the Senior Center and satisfy your chocolate craving!*

# BRAIN GAMES

## COMMONYMS

Commonyms are groups of words that share a common trait. For example, the answer to: A Car—A Tree—An Elephant would be that they all have trunks.

1. Home – Diner - License

2. Jackie – Dolly - Eleanor

3. Corn – Baby – Olive

4. America – Kangaroo - Crunch

5. Sharp – Cream - Cottage

6. Santa's Sleigh – Churches - Schools

7. Debtors – Congress - Ducks

8. Picnic – Easter - Wastepaper

9. Twilight – End – No Parking

Answers: 1. plates, 2. first ladies, 3. oils, 4. captains, 5. cheese, 6. they have bells, 7. they have bills, 8. baskets, 9. zones

## MUMBO JUMBO

Unscramble each of the clue words. Take the letters that appear in the circles and unscramble them for the final message.

LBLAET   

TPA       

ZAZJ     

PIH HPO  

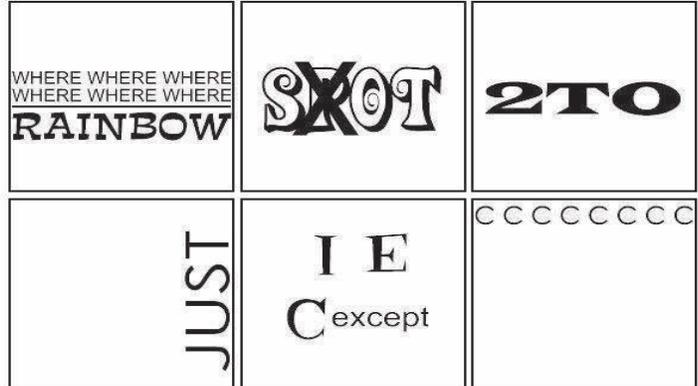
SAALS    

BLMALROO

Answers:  
Ballet, tap, jazz, hip hop, salsa, ballroom  
Final Message: RECITAL

## BAMBOOZABLE

A Bamboozable is a saying or phrase that is made up of a display of words in an interesting way. The object is to try to figure out the well-known saying, person, place or thing that each Bamboozable is meant to represent.



Answers: 1. Somewhere Over the Rainbow, 2. X Marks the Spot, 3. Put Two and Two Together, 4. Just Right, 5. I Before E Except After C, 6. High Seas

## LETTER "R" WORD SEARCH

R X D H C C U R R W S R X S V Y R D  
O I M N F I E R U E O S C K T S E A  
S W D D U V T R A U S R E I R T C O  
E D T I E O E N L C O P L C E N T R  
M F E R C V R E A R C I O H E E A L  
A O S T I U T A E M B O C N U R N I  
R E I E S T L T N I O O O C S G G A  
Y Y C D E A R O S U C R S N U E L R  
F E B K A I O N U I R E E D N I E R  
R E F V E R O R R S R E S U M E X A  
I J Q V R P R E T R O A C T I V E I  
C I E R S E Z I M O D N A R G Q K N  
O R R E G I S T E R I D D A N C E B  
T R R T R E T S O O R U B B I S H O  
T U C I X G D E Y T L A E R Q O Y W  
A W N J P Z J J E Z L N E T T O R G

RACCOON      RADIO              RAILROAD  
RAINBOW      ROSEMARY        REALTY  
RECEIVER      RECESS            RECTANGLE  
REGISTER      REINDEER        RESCUE  
RESPONSE      RESPONSIBILITY   RESUME  
RETRIEVER     RUBBISH            REVERSE  
ROTTEN         RICOTTA             ROOSTER

# 2015 FRIENDS MEMBERSHIP APPLICATION

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

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

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

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

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

## CHOICE OF SUPPORT:

- \$10.00 Single**     **\$15.00 Couple** (Husband and Wife)
- \$\_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*
- \$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.
- \$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.  
PLEASE CHECK:     Yes, you CAN include my name when listing publicity.     No, please do NOT list my name.

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

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

## FOR OFFICE USE ONLY

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

NEW 2015 Member     Renewal    Receptionist Initials \_\_\_\_\_

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

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

Received *Friends Perks Coupon Book*

# 2015 FRIENDS VOLUNTEER OPPORTUNITIES

The Fond du Lac Senior Center provides the programs and services it does because of the help of all our wonderful volunteers! We'd love to have you join us. Please indicate what areas you would be willing to assist us in and we'll contact you if we have an opening in that area.

- Receptionist—answer phones, handle money, take registrations . . . .
- Data Entry—enter attendance, membership information, etc.
- General Office Support—help with photocopies, stapling, folding, etc.
- Newsletter Crew—prepare monthly newsletter for mailing by taping sides and affixing labels
- Special Events—help set up, decorate, hand out information, etc.
- Marketing—solicit area businesses for donations for annual raffle, Dine Out Coupon Book, etc.
- Program Assistants—provide assistance to make sure programs and activities run smoothly
- Bingo — set up Bingo supplies, P.A. system, call Bingo, serve refreshments, clean up
- Brat Sale—grill brats and hamburgers
- Brat Sale—customer service, sell brats and hamburgers, handle money, serve food
- Bake Sale—make baked goods, sell baked items, handle money
- Craft Shoppe—customer service, assist with purchases, handle money
- Volunteer Coordinator—recruit, train, assign volunteers to events/programs
- Refreshment Assistants—help prepare and serve refreshments for programs and events
- Outreach Volunteers—visit seniors in their homes, nursing homes, or assisted living facilities
- Other Miscellaneous Help — odd jobs such as gluing, ironing, counting, organizing, etc.
- I have a special interest or hobby I'd like to share with others (please list below)

\_\_\_\_\_

Please tell us a little about yourself—work experience, hobbies, areas of expertise, etc.:

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

## FOR OFFICE USE ONLY

VOLUNTEER INTEREST INFORMATION ENTERED DATE \_\_\_\_\_  
Receptionist Initials \_\_\_\_\_

# COMMUNITY ANNOUNCEMENTS

## AARP MEETING

Thursday, November 20

Guest Speaker: Julie Hilbert

Benefits Specialist Department of Social Services

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

## AARP NEW CHAPTER MEMBERSHIP

### Chapter 614

November 1 through December 31

Join local AARP chapter 614 before December 31, 2014 to be eligible to win \$25. Local membership is only \$3.

## AARP CHRISTMAS PARTY

Wednesday, December 17

The annual AARP Christmas Party will be held at the North Fond du Lac Community Center on Wednesday, December 17.



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

**Luncheon ~ Noon**

*Followed by Musical Entertainment*

**MENU:** Beef tips, chicken, mashed potatoes & gravy, green beans, fruit fluff, cake, and beverages

**COST: \$10 per person**

Make check payable to "AARP Chapter 614," drop off at the Fond du Lac Senior Center or mail to:

Ardie Zaring

N7949 Lakeshore Drive

Fond du Lac, WI 54937

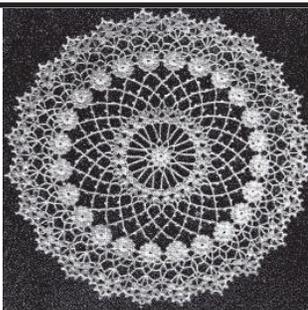
The deadline to register is Friday, December 13.

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

\*Opportunity Raffle – get a raffle ticket for a chance to win a prize—you'll receive a ticket for each canned good donation (the more cans you bring, the better your chances to win)

Deadline to register: Friday, December 12; Limit of 80 attendees

Registration forms can be picked up at the Fond du Lac Senior Center. See page 10 for more details.



## LACE DOILIES NEEDED

Round lace doilies are needed for an art project at Lake View Place. If have doilies you can donate, contact Kelly Krepsky at 926-1100 by December 30.

## COMPLIMENTARY TICKETS

The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season athletic contests and music department concerts.



These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Senior Center for use by others.

## CEREAL DRIVE

Help us fill the shelves at the Salvation Army.

The Salvation Army needs cereal donations. Please place your donation in the box located in the lobby of the Senior Center.



## TRIAD MEETING

Call the Senior Center to inquire about dates for November & December due to the holidays

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Refreshments are served and a door prize is awarded. Check out the new TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

## Lutheran Homes & Health Services

*is proud to present*



Where: Tarfa Terrace Dining Room  
54 W. Arndt Street—1st Floor

When: 3rd Friday of every month  
(Nov. 21, Dec. 19)

Time: 2:00-3:00 p.m.

Please bring a quarter per card. Pay one-time only.  
*Community welcome!*

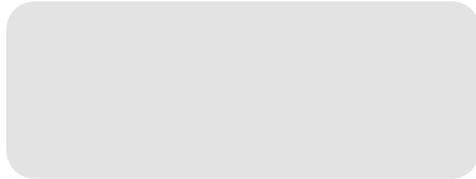


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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PERMIT NO. 129

ADDRESS SERVICE  
REQUESTED



# FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

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

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### CO-WELLNESS COORDINATORS

*Jean Holzman* 322-3636  
*Sarah Olson* 322-3636

#### CRAFT SHOPPE COORDINATOR

*Pat Lefeber* 322-3638

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

*Cecilia Lynch* 322-3639

#### PROGRAM COORDINATOR

*Cathy Halfmann* 322-3633

#### MARKETING/FUND COORDINATOR

*Joan Brezinsky* 322-3640

#### CENTER CARETAKER

*Bob Rose* 322-3630

#### COUNSELOR

*Andrea Mitchell* 920-225-1709

### FRIENDS BOARD OF DIRECTORS

*Kate Barr*  
*Joanne Bunkelman*  
*Susanne Dennis*  
*Jerry Gordon*  
*Mary Kind*  
*Vickie Michels*  
*Charlotte Nelson*  
*Irv Pea*  
*Ruth Smith*

### SENIOR CITIZEN ADVISORY COMMITTEE

*Ruth Dauterman*  
*Barbara Lukas, Chair*  
*Councilman Gary Miller*  
*Charlotte Nelson*  
*Ross Purcell*  
*Dave Redman*  
*Jaime Roth*  
*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