

Among Friends



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

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



SENIOR WELLNESS MORNING

Friday, October 9
8:30—11:00 a.m.

8:30—10:00 a.m.

- HEALTH SCREENINGS:

Hearing, Blood Pressure, Blood Sugar (fast required)

- VENDOR BOOTHS

Then join us for

HEALTHCARE JEOPARDY

From 10:00—11:00 a.m.

We'll explore wellness in a lively, fun way!



- ⇒ Door Prizes
- ⇒ Handouts
- ⇒ Refreshments
- ⇒ Lots of fun!

2015



A Free Monthly Publication
Vol. 6 • No. 10

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Fond du Lac Senior Center

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

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

Newcomer Tour

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



Hi All~

I have always thought that I am a “Glass is half full” person. I like to see the good in situations and believe the best of people. Even in times of struggle I can usually find the blessings. I read an interesting article the other day that made me ponder this. The article talked about positivity and negativity, and the effects on our physical health.



Scientist Barbara Fredrickson has shown that positive emotions have two important effects: they broaden our perspective of the world, which inspires more creativity and wonder, and they build up over time, which creates lasting emotional resilience.

Interestingly, she also has shown that we tend to prioritize bad over good which makes us develop a “negativity bias”. This negativity bias can cause many people to experience a negative feeling and block out chances to experience wonder, awe and gratitude throughout the day. If we let them, small things such as being stuck in traffic or encountering a rude person, can create a negative feeling that can affect our entire day.

And here’s the kicker! Her studies show that in order to offset this negativity bias, we need to experience three positive emotions for every negative one. **THREE!!** How many things are we not enjoying because we have allowed negativity to dominate our thoughts? To me, life is too short to allow negativity to use up so much of our energy!

There are definitely some health benefits to positive thinking: These benefits include:

- Increased life span
- Lower rates of depression
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress
- Lower cholesterol
- And the most important – Slower aging!

I don’t know about you, but these all sound like great benefits to me. One of the reasons that I enjoy being here at the Center is that I find so much positivity here. We have wonderful people, awesome activities and events, and so much laughter.

I welcome you to stop in and see us. It doesn’t matter if your glass is half full or half empty – what does matter is that your glass can be refilled! Come on down and let the good things going on here help you with positivity. Not only is our glass half full, it’s overflowing!



If you have some free time and would like to meet new people, consider volunteering at the Senior Center! We have several volunteer opportunities available including:

- Seasonal decorating
- Paper shredding
- Wiping down tables
- Calling Bingo
- Setting up/running intergenerational programs (cut out patterns, assist with simple crafts, serve refreshments, etc.)
- Maintaining our flower beds, giving ideas for improvements
- Handyman
- Outreach volunteers visit one-on-one with individuals on waiting list
- Community Cares volunteers for monthly visits to assisted living or nursing homes
- Helping with events
- Ho Ho Hotline

Please fill out a volunteer application at the Center.

Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the November *Among Friends* newsletter is Friday, October 9, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information

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

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

Sponsored by Smith & Hatch Insurance.

Programs & Activities



Artist of the Month

October: Judy Stevenson

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!



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 the Center at 322-3630 if you could help one or more days. The children—and seniors—loved it last year!

\$10 off a \$10 Purchase at



Support the Senior Center by shopping at Younkers! Here's how:

Younkers Community Days coupon books are on sale now through November 11 at the Senior Center front desk. Coupon book 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 11-14, 2015.**

2016 FRIENDS MEMBERSHIP DRIVE

Starts November 1st

Use the 2016 membership application found on page 23 of this newsletter. Checks sent in now will be held until November 1st.

Thanks for being a Friend!

Veterans Day Pancake Breakfast

**Wednesday, November 11
8:00—10:00 a.m.**

Say "Thank You" to our veterans and enjoy a FREE, delicious pancake breakfast at the Fond du Lac Senior Center!



Pancakes, sausage, applesauce, orange juice, coffee and water. To register, please call 322-3630 before Thursday, November 5.

Sponsored by Lake View Place.

DISCOVER YOUR WISDOM, CHANGE YOUR WORLD.™



SoulCollage®

Where Images, Imagination and Intuition Meet

October 16, 23, 30, Nov. 6; 2:00-4:00 p.m.

SoulCollage is a fun, simple and powerful collage process to make a personal deck of collaged cards. Select from a wide variety of images, create a small collage or two, and then learn how to access the wisdom that is waiting to be tapped through your creation. You will have a fun, creative tool for inner exploration and growth.

Carol Waranius, has been a certified SoulCollage facilitator since 2012.

Class fee: \$37 which includes materials. Please bring your own scissors and glue stick(s). Acid free glue is recommended.

Call 322-3630 to register.

Deadline is Friday, October 9.

For more information visit www.soulcollage.com



Fond du Lac Senior Center Friends Christmas Party

Open to all Friends members!

KC Hall

Monday, December 14, 2015

5:00 Social, 5:30 Dinner

Entertainment following dinner.

Menu is a choice of 2 entrees:

Baked Ham *OR* Turkey Breast with Cranberry Dressing
and includes a house salad, dinner rolls, whipped potatoes & gravy,
vegetables, coffee, tea or milk, and ice cream.



- Door prizes
- 2016 Happy Travelers Trip Highlights
- Lots of fun with friends!



Cost: \$14.50 per person. Firm deadline to register is Tuesday, 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 Tuesday, December 1, 2015 **UNLESS** it fills before that date!

NAME _____ Baked Ham **OR** Turkey Breast

\$14.50

NAME _____ Baked Ham **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

2015 RAFFLE UPDATE

This year's raffle raised nearly \$12,700!
Congratulations to all the winners!

Grand Prize
\$500 Cash Winner:
Sr. Rose Andre Miller



Thank you to *Grande Cheese* and *Mach Funeral Chapel* for generously donating money to print raffle tickets, Badger Soft Water for donating bottles of water, the more than 50 businesses and individuals who donated raffle prizes, and to everyone who bought and sold raffle tickets!

A very special thank you to Vickie Michels, Charlotte Nelson, Wally Seibel, Judi Walters and the late Maury Schultz who spent many hours soliciting prizes. We couldn't hold the raffle without our volunteers!

A complete list of winners is available at the Center.

Thank you to our Fabulous Friends

The following people have gone above and beyond by supporting the Friends of the Fond du Lac Senior Center. We appreciate their generous support!

- Joanna Anderson
- Robert Bloedorn
- Glenda Brien
- George Casper
- Steven & Alice Dann
- James & Debra Ehrenberg
- Irene Fails
- Willard & Delores Henken
- Tom & Sally Herre
- Donald & Mary Kind
- Oscar & Delores Kraus
- Ray & Sharon Lapierre
- Greg & Bonnie Michels
- Gary & Donna Miller
- J. Michael Mowbray
- William & Christine Retert
- Bruce & Phyllis Saidat
- Joe & Kathy Schumacher
- Walter & Marjorie Seibel
- Dwight & Joan Weiser
- Dottie & Pete Winkelmann

DRIVER SAFETY 

AARP Real Possibilities

DRIVER SAFETY CLASS

Monday, November 9, 2015

8:15 a.m.–12:15 p.m.

This one-day senior driver refresher course consists of all in-class learning with no tests and no driving. The cost is \$15 for AARP members (bring your card); \$20 for non-members.

Pre-registration required by calling 322-3630 by Monday, November 2.

Why Take a Driver Safety Class?

The AARP Driver Safety Program has helped millions of drivers remain safe on today's roads. The program is a refresher course that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your provider.
- Plus, there are no tests to pass. Sign up today!



SCRAPBOOK CROPS

Saturday, October 31
9 a.m.—9 p.m.
To register, contact Kim Wagner at 920-517-1108.

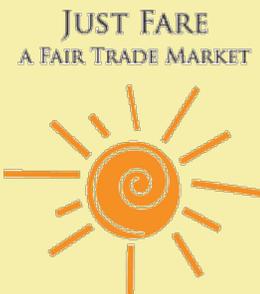
Saturday, December 5; 9 a.m.—9 p.m.
To register, contact Colette Jaeger 920-602-2486.

JUST FARE MARKET

Thursday, November 12
1:00 p.m.

Kathleen Stetter and Carol Smith with Just Fare Market will be speaking on make a difference with Fair Trade. When you make a purchase from Just Fare Market you can be assured that hard working and talented artisans and farmers in the developing world are able to improve their lives because of your purchase.

Call 322-3630 to register by Friday, November 6.



Name the new gift shop contest!

The Center's new gift shop will feature unique hand crafted merchandise and will be open in time for the holiday shopping season! But before we open, we need a name!

The winning entry will receive a \$25 gift certificate to the new shop. Fill out the form below and return to the Center before Monday, October 26.

Name the Gift Shop Contest

Gift Shop Name: _____

Your Name: _____

Your Phone Number: _____



First Friday of every month

Friday, October 2
Friday, November 6
8:00—9:00 a.m.

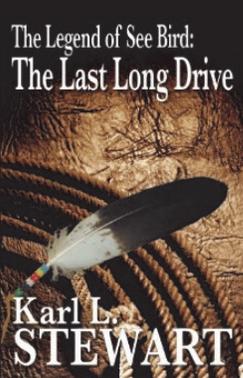
Join your friends at the Senior Center the first Friday of every month from 8-9 a.m. for coffee, donuts and good conversation.

Meet author KARL STEWART

Author of *"The Last Long Drive"* and *"Devil's Backbone"*

Thursday, October 15; 1:30 p.m.

Karl was raised in the hills and forests of West Virginia and now lives in Wisconsin. Join him as he discusses two of his novels which are fictionalized stories of his great-grandfather, See Bird.



His first book, *"The Legend of See Bird, The Last Long Drive,"* is a Western novel about a young Choctaw-turned cowboy who works the last cattle drive from Texas up the Chisholm Trail before the railroads made such trail drives obsolete in 1885.



"The Legend of See Bird, Devil's Backbone," picks up where the first novel ends, with See Bird drifting east to West Virginia and becoming a friend of "Devil Anse" Hatfield, the patriarch of the Hatfield clan in West Virginia (where Karl grew up) and becomes embroiled in the infamous feud between the Hatfields and McCoy's.

Karl wearing a pair of chaps made by See Bird.

To register for this presentation, call the Center at 322-3630 by Thursday, October 8.

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 (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): TBA

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare Home-Care

3rd Tuesday (even months): Lake View Place

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

4th Thursday at 10 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

BOOK CLUB

3rd Monday at 9:30 a.m.

Oct. 19 *The All Girl Filling Station's Last Reunion* by Fannie Flagg

Book synopses available at front desk.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays

9-Ball Weds.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYES

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!

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Friday, October 16

American Legion

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

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

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

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

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

CANASTA

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

CHORUS

Red Hat Honeyes

COIN CLUB

2nd Tuesday at 6:00 p.m.

EUCHRE

Mondays at 1:00 p.m.

DANCES

\$4.00 donation

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

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, October 1 at Sunset

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.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

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

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

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



“Maleficent”

Two showings: Wednesday, October 7 and Thursday, October 22

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

October 7 Menu: Roast turkey, mashed potatoes, green bean casserole, cranberry gelatin, cookie

October 22 Menu: BBQ pork cutlet, au gratin potatoes, winter blend vegetables, applesauce

2014 movie; action/adventure/family; 1 hr 37 mins; PG; Starring: Angelina Jolie, Elle Fanning, and Sharlto Copley

A beautiful, pure-hearted young woman, Maleficent has an idyllic life growing up in a peaceful forest kingdom until one day when an invading army threatens the harmony of the land. Maleficent rises to be the land's fiercest protector but ultimately suffers a ruthless betrayal which turns her pure heart to stone. Bent on revenge, Maleficent faces a battle with the invading king's successor and, as a result, places a curse upon his newborn infant, Aurora. As the child grows, Maleficent realizes that Aurora holds the key to peace in the kingdom—and perhaps to Maleficent's true happiness as well.

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.

Last Bike Ride of 2015

Tuesday, October 13; 10 a.m.



Meet at the Rolling Meadows rest stop, about 1/4 mile south of the golf course on Rolling Meadows Drive. The ride will be 9-10 miles round trip along Hickory Street Road to **Hobbs Woods**. After a short hike, we'll return to Fond du Lac for lunch at Rolling Meadows Restaurant. Bring money for lunch. Call 322-3630 to register. A 50¢ donation is requested. For cancellations on ride day call Caroline at 922-3561 before 9 a.m. Rain Date: Tuesday, October 20.

HIKERS

Join our hikers on Tuesday and Thursday mornings at 10:00. We also often eat out after a hike. Please join us!

For more information and hiking locations, call Ruth at 921-7192 or JoAnn at 922-2068.



Chair Exercise Classes



LOW IMPACT CHAIR EXERCISE
Mondays 9:00 – 9:30 a.m.

CHAIR EXERCISE VIDEO
Wednesdays 9:45 —10:15 a.m.

Men and Women Welcome!

OTHER EXERCISE

Hikers

Tuesday & Thursday, 10 a.m.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.

\$7.50/ 3 weeks

Water Exercise Daily 8 a.m.

at the Aquatic Center, \$3.75 per session



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: All About Life

Friday, October 9; 8:30—10 a.m. 2nd Friday of the month
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, October 9; 8:30—10 a.m. 2nd Friday of the month
No appointment needed. 12-hour fast required. Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, November 10; from 8:30—11 a.m.

2nd Tuesday in May & November

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

FOOT CARE (ROUTINE NAIL CARE)

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

Thursday, October 8, 15, 29

Call 322-3630 for an appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, October 9; 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, October 27; 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 10; from 8:30 — 11 a.m.

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

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, October 22; 6:30—8:00 p.m. (4th Thursday)

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

DIABETIC SUPPORT GROUP

Tuesday, October 20; 4:00—5:00 p.m. (3rd Tuesday)

Aurora Health Care Center, 210 American Drive ~ American Room

PARKINSON'S SUPPORT GROUP

Monday, October 12; 10:00—11:00 a.m. (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, October 13; 8:30 a.m. (2nd Tuesday of the month)

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

KNOW THE 10 SIGNS: Early Detection of Alzheimer's Matters Thursday, October 8 9:00 a.m.

Presented by Ginny Nyhuis, Regional Services Manager, Alzheimer's Association, Southeastern Wisconsin Chapter

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.



To register for this presentation, call 322-3630 to before Thursday, October 1.

*"Old age is like underwear; it creeps up on you."
- Lois L. Kaufman*

Group Discussion with Andrea

"Mindfulness"

**Tuesday, October 20
3:15 p.m.**



Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be "Mindfulness". Instead of letting your life pass you by worrying about the past or the future, mindfulness teaches you how to enjoy life living in the present moment.



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



**Get the shot,
NOT the Flu!**

FLU SHOT CLINIC

**Friday, October 16
8:00-10:00 a.m.**

Fond du Lac Senior Center

**\$30 cash/check. If billing Medicare, bring your card.
NO APPOINTMENT NEEDED Just come!**

Senior Outreach Program

Reaching Out - Touching Lives

Community Cares

Volunteers will visit **Deerview Meadows, 496 Wisconsin Court, Tuesday, October 27 from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



Senior Outreach Program

Outreach Volunteers will meet on **Thursday, October 8, at 9 a.m.** to provide each other support, address any concerns and share success stories. At **10:00 a.m.** you are invited to **join Ginny Nyhuis, Regional Services Manager, Alzheimer's Association, Southeastern Wisconsin Chapter,** for a presentation on the **10 signs of Alzheimer's Disease.**

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

October



Monday	Tuesday	Wednesday	Thursday	Friday
<p>LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is Senior Dining required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website:</p> <p style="text-align: right;">  Fellowship, Food & Fun </p>	<p>5 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p>1:00 German Club 1:00 Euchre 1:00 Poker 1:15 Sheepshhead</p> <p>4:30 TOPS #1159</p>	<p>6 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 AARP Board Meeting</p> <p>10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge</p> <p>1:00 Bingo Sponsored by ManorCare 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class</p> <p>6:30 Senior Dining—Party Palace Social at 5:30 6:00 Winnebago Woodworkers at Horace Mann High School</p>	<p>7 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 12:00 Canasta 12:30 Movie—"Maleficent" 1:15 Sheepshhead 3:30 Sewing Lab</p> <p>7:30 Wed Night Dance Happy Travelers—Fireside Theatre "West Side Story"</p>	<p>8 9:00 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 12:00 Canasta 12:30 Movie—"Maleficent" 1:15 Sheepshhead 3:30 Sewing Lab</p> <p>7:30 Wed Night Dance Happy Travelers—Fireside Theatre "West Side Story"</p>
<p>12 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p>1:00 German Club 1:00 Euchre</p>	<p>13 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing</p>	<p>14 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p>	<p>15 9:00 Hand Chimes 9:00 Foot Care 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge</p>	<p>16 8:00 Flu Shots 8:30 SCAC 10:00 Red Hat Chorus 10:00 Happy Travelers Preview 12:30 Wii Bowling</p>
<p>1 9:00 Hand Chimes 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 9:00 and 10:30 Yoga</p> <p>12:00 ROMEO's—Sunset 12:30 Bridge 1:00 Flying Geese Quilters</p> <p>6:00 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club</p>	<p>2 8:00 Coffee & Conversation 10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshhead 2:00 Soul Collage Class</p> <p>Pecker Day—Wear your Green & Gold</p> <p>3 Saturday 10:00 Beg. Country Line Dance</p> <p>4 Sunday</p>	<p>5 OFFSITE SUPPORT GROUPS</p> <p>10/13 8:30 Prostate Cancer Support Group—Rolling Meadows Family Restaurant 10/12 10:00 Parkinson's Support Group—Aurora Health Care 10/20 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>**All Orange Events are held Offsite</p>	<p>6 9:00 Hand Chimes 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 9:00 and 10:30 Yoga</p> <p>12:00 ROMEO's—Sunset 12:30 Bridge 1:00 Flying Geese Quilters</p> <p>6:00 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club</p>	<p>7 8:00 Senior Wellness Morning 8:30 Hearing Screening/Hearing Aid Cleaning 9:00 Health Screenings 10:00 Jeopardy 10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshhead</p> <p>Pecker Day—Wear your Green & Gold</p> <p>10 Saturday 10:00 Beg. Country Line Dance</p> <p>11 Sunday</p>

<p>1:00 Larcine</p> <p>1:00 Poker</p> <p>1:15 Sheepshead</p> <p>4:30 TOPS #1159</p> <p>6:30 FDL Area Writers Club</p>	<p>10:00 Singing</p> <p>10:00 Bike Ride-Hobbs Woods meet At Rolling Meadows Rest Stop</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Which Smart Phone is Right for you</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Coin Club</p> <p>6:30 Senior Dining—Blancck's in Johnsburg - Social at 5:30</p>	<p>12:00 Hand & Foot</p> <p>1:15 Sheepshead</p> <p>3:30 Sewing Lab</p> <p>7:30 Wed Night Dance</p>	<p>12:30 Bridge</p> <p>1:30 AARP</p> <p>1:30 Karl Stewart Presentation On his book series "The Legend of See Bird"</p> <p>6:00 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p>	<p>1:00 Writers Group</p> <p>1:15 Sheepshead</p> <p>2:00 Soul Collage Class</p> <p>5:00 Supper Club at American Legion 5:00 Social; 5:30 Dinner Packer Day-Wear your Green & Gold</p> <p>17 Saturday</p> <p>18 Sunday Happy Travelers leave for Branson</p>
<p>19</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>1:00 German Club</p> <p>1:00 Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheepshead</p> <p>4:30 TOPS #1159</p>	<p>20</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>9:00 Skat</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo Sponsored by Lake View Place</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p>3:15 Group Discussion—"Mindfulness"</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School Senior Dining—Sebastians Social at 5:30</p>	<p>21</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:00 Apple iPad Basics I</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:15 Sheepshead</p> <p>3:30 Sewing Lab</p> <p>7:30 Wed Night Dance</p>	<p>22</p> <p>9:00 Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>10:00 Journaling</p> <p>9:00 and 10:30 Yoga</p> <p>12:30 Movie—"Maleficent"</p> <p>12:30 Bridge</p> <p>1:00 SALT/TRIAD</p> <p>6:00 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>23</p> <p>9:00 Friends Board</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling</p> <p>1:00 Writers Group</p> <p>1:15 Sheepshead</p> <p>2:00 Soul Collage Class</p> <p>Packer Day-Wear your Green & Gold</p> <p>24 Saturday 10:00 Beg. Country Line Dance</p> <p>25 Sunday</p>
<p>26</p> <p>8:00 Newsletter Assembly</p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 German Club</p> <p>1:00 Euchre</p> <p>1:00 Poker</p> <p>1:15 Sheepshead</p> <p>4:30 TOPS #1159</p> <p>Gift Shop Name Contest Deadline</p>	<p>27</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>9:00 Skat</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Massage</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares-Deerview</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School Senior Dining—Schmitty's Social at 5:30</p>	<p>28</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:00 Apple iPad Basics II</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>1:15 Sheepshead</p> <p>1:00 Umbrella Brigade</p> <p>2:30 Umbrella Brigade at Woodlands</p> <p>7:30 Wed Night Dance</p>	<p>29</p> <p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>9:00 and 10:30 Yoga</p> <p>12:30 Bridge</p> <p>6:00 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p> <p>Happy Travelers—Keshena Casino And dinner at Jim and Lindas</p>	<p>30</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wii Bowling</p> <p>1:00 Writers Group</p> <p>1:15 Sheepshead</p> <p>2:00 Soul Collage Class</p> <p>5:00 Scrapbook Crop</p> <p>Packer Day-Wear your Green & Gold</p> <p>31 Saturday 9:00 Scrapbook Crop</p>

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE



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

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

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

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1						*Each student is required to bring a jump drive to class		
103-483-20157	M, W	Nov 2, 4, 9, 2015	3 days	1:00—4:00 p.m.	9 hours	K. Kraft	\$4.50	\$36.60
Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.								
COMPUTER BASICS 2						*Each student is required to bring a jump drive to class		
103-485-20315	M, W	Nov 11, 16, 18, 2015	3 days	1:00—4:00 p.m.	9 hours	K. Kraft	\$4.50	\$36.60
Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.								
COMPUTER BASICS 3						*Each student is required to bring a jump drive to class		
103-490-20332	M, W	Nov 23, 25, 30, 2015	3 days	1:00—4:00 p.m.	9 hours	K. Kraft	\$4.50	\$36.60
Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.								
COMPUTER BASICS 4						*Each student is required to bring a jump drive to class		
103-491-20400	M, W	Dec 2, 7, 9, 2015	3 days	1:00—4:00 p.m.	9 hours	K. Kraft	\$4.50	\$36.60
Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.								
APPLE IPAD BASICS								
103-611-20325	W	Oct 21, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
103-611-20442	R	Dec 10, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.								

APPLE IPAD BASICS II

103-613-20224	W	Oct 28, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
103-613-20445	R	Dec 17, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90

Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

WHICH SMART PHONE IS RIGHT FOR YOU?

103-665-21445	T	Oct 13, 2015	1 day	1:00—3:00 p.m.	2 hours	S. Markfort	\$12.53	\$15.20
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iPhone or Android? With so many smart phone manufacturers, it can be difficult to know which one will meet your needs. In this demo class, we will compare the features of the top brands on the market and determine which is right for you.

IS AN IPAD OR TABLET RIGHT FOR YOU?

103-606-20428	R	Dec 3, 2015	1 day	9 a.m.—noon	3 hours	A. Mielke	\$25.90	\$20.55
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With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you—and if so, which one.

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



Art & Recreation Classes

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

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tuesdays	10–noon	4	\$16
October 6, 13, 20, 27; November 3, 10, 17, 24				
Drawing & Watercolor	Tuesdays	1-3 p.m.	4	\$16
October 6, 13, 20, 27; November 3, 10, 17, 24				
Mixed Media	Tuesdays	3-4:30 p.m.	4	\$16
October 6, 13, 20, 27; November 3, 10, 17, 24				
Country Line Dancing	Thursdays	6–7:30 pm	4	\$10
October 1, 8, 15, 22; October 29, November 5, 12, 19				
Beg. Country Line Dancing	Saturdays	10:00–11:30 am	3	\$7.50
October 3, 10, 24; November 7, 14, 21				
Open Sewing Lab	Wednesdays	3:30–6:30 p.m.	5	\$15
October 7, 14, 21, Nov. 4, 11				
Singing	Tuesdays	10-11 a.m.	6	\$25
November 3, 10, 17, 24, December 1, 8				



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

Announcements



SHOW US YOUR TEAM SPIRIT!

Wear your cheesehead hat, green and gold beads, favorite jersey, etc. on game days or the Fridays before games. GO PACK!

AARP MEETING

Thursday, October 15; 1:30 p.m.

Speaker: Julie Hilbert, Benefit Specialist, Fond du Lac County Senior 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.

Senior Dining



Fellowship, Food & Fun

October 2015 Fond du Lac County Senior Dining

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

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Thursday, October 1: Pork Steak
- Monday, October 5: Swiss Steak
- Tuesday, October 6: Meatballs in Honey Mustard Sauce
- Wednesday, October 7: Roast Turkey
- Thursday, October 8: Chili Casserole
- Monday, October 12: Chicken Breast
- Tuesday, October 13: Ham Rolls
- Wednesday, October 14: Baked Spaghetti
- Thursday, October 15: Baked Chicken
- Monday, October 19: Swedish Meatballs
- Tuesday, October 20: Meatloaf
- Wednesday, October 21: Chicken Cacciatore
- Thursday, October 22: BBQ Pork Cutlet
- Monday, October 26: Escalloped Potatoes and Ham Casserole
- Tuesday, October 27: Baked Chicken
- Wednesday, October 28: Hawaiian Meatballs
- Thursday, October 29: Country Fried Steak

Note: At this time, meals are not served on Fridays at the Senior Center.

It's Good to Laugh A Little!



"Another candle on your cake?
Well that's no cause to pout.
Be glad that you have strength enough
to blow the darn thing out."

- William E. Evans III & Andrew Frothingham

TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, October 22

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. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

S.C.A.C. MEETING

(Senior Citizens Advisory Committee)

Friday, October 16; 8:30 a.m.

The public is welcome to attend!

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on aging.

Classes & Activities

BEGINNING YOGA

Thursdays, Oct. 22, 29,
Nov. 5, 12, 19, Dec. 3
10:30—11:30 a.m.

Introduces students to all the essentials of yoga. Practice breathing techniques, stretches, and posture. Please bring a yoga mat or blanket.



Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$28.58, under 62—\$36.60

Course #: 807-600-21236

Register at Moraine Park Technical College in person or call 922-8611 (ask for the registration desk). You will need the course number when you call. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes held at the Senior Center.



RED HAT HONEYES

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

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

Creating Holiday Center Pieces

Presented by

Personal Touch Florists

Thursday, November 19; 1 p.m.
(11:30 lunch at the Senior Center)



Lunch is \$3.00. The cost of the presentation is to be determined.

Please register for this event by Friday, November 13 at the front desk where more information is also available.

Happy Travelers

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



-WE'RE GOING PLACES

Mary Schneider, Travel Coordinator Call 322-3635

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

Reminders:

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

Upcoming Trips

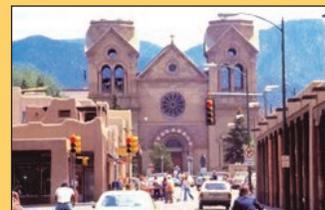
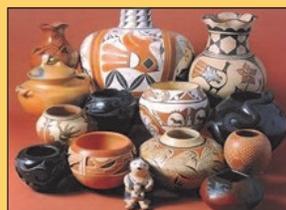
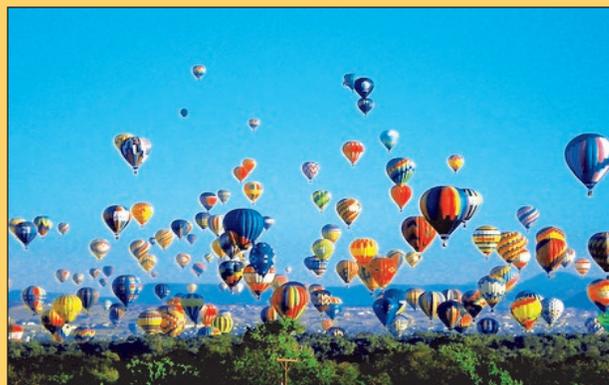
Join us for these upcoming trips!

- **West Side Story, Fireside Theatre**
Wednesday, October 7; \$95 (lunch included)
- **Keshena Casino, Dinner at Jim & Linda's** (included)
Thursday, October 29; \$54
- **Dancing Horses/Birds Holiday Show**
Wednesday, November 18; \$90 (lunch included)
- **Oneida Casino**
Mystery restaurant (dinner included)
Tuesday, November 24; \$54
- **A Wonderful Life, Fireside Theatre**
Tuesday, December 15; \$95 (lunch included)



Albuquerque Balloon Fiesta

October 4–9, 2016



Come visit "the land of enchantment"! Albuquerque and Santa Fe are a wonderful blend of multiculturalism, natural beauty and history. One of the highlights of our trip will be the Albuquerque International Balloon Fiesta. It's one of the most photographed events and a spectacular display of sound and color. Other trip highlights include:

- Old Town Albuquerque
- National Museum of Nuclear Science & History
- Indian Pueblo Cultural Center
- Turquoise Trail
- Santa Fe
- Santa Fe School of Cooking
- There's too much to list here; come to the preview to learn more!

\$2,599 per person double occupancy

Fireside LEGENDS IN CONCERT

Thursday, January 14, 2016

See Carrie Underwood, Neil Diamond, Elton John, Buddy Holly, Whitney Houston, Elvis Presley re-created LIVE on The Fireside stage! Dynamic and talented performers re-create unforgettable concert appearances of these show biz immortals.



If we fill the bus with a total of 54 tickets sold, we will have a drawing on the bus for a **FREE TICKET (\$105)** to one of the Happy Travelers Fireside 2016 shows!

**SPECIAL
PROMO!**

Happy Travelers

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

COLORADO RAIL ADVENTURE

September 8–16, 2016



Trip Preview

Friday, October 16; 10:00 a.m.
Call 322-3630 to register for this trip preview.

Explore the Colorado Rockies aboard standard and narrow gauge railways reaching summits of more than 14,000 feet!

Your trip includes:

- * Airport transfers in Denver
- * Hotel accommodations for 8 nights including pre-night hotel stay in Denver
- * Rail excursions aboard the Georgetown Loop Railroad, Pike's Peak Cog Railway, Durango, Silverton Narrow Gauge Railway, Cumbres & Toltec Scenic Railroad, Rio Grande Scenic Railroad, and Royal Gorge Route Railroad
- * Garden of the Gods Great Sand Dunes National Park
- * Transportation by deluxe motor coach * Services of professional tour manager
- * 14 meals
- * Baggage handling

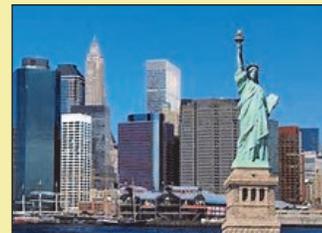
\$2,150 per person double occupancy
(land only rate, group airfare and transfers will be added to this price)

New York City and the Statue of Liberty

October 20–26, 2016

This spectacular trip includes:

- Motor coach
- 6 nights lodging including 4 nights in the NYC area
- 10 meals
- Great experiences and beautiful sights!
- Two guided tours of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial and much more!
- Visit Ellis Island and Liberty Island—home of the Statue of Liberty!
- Visit the new National 9/11 Museum
- Flight 93 National Memorial in Stoystown, PA



Only \$715
per person, double occupancy

HOLLAND AND BELGIUM WATERWAYS TULIP TIME RIVER CRUISE

March 26–April 3, 2016



Explore the amazing countryside and waterways of Holland and Belgium by cruising through the extensive network of rivers and canals throughout the country. Glide past infinite tulip fields and enjoy picturesque towns and scenery as you travel through Holland and into Belgium.

Highlights include:

- * Excursions in Amsterdam
- * Ghent *Antwerp
- * Tour of Keukenhof Gardens.

From **\$3,999** air & cruise. Hurry, at this price the trip will sell out quickly!

Happy Travelers

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

SOME OF OUR 2016 TRIPS!

DAY TRIPS:

JANUARY 14 - LEGENDS IN CONCERT—*Fireside* \$105

FEBRUARY 8 - THE BAND OF THE ROYAL MARINES and the PIPES, DRUMS, and HIGHLAND DANCERS of the SCOTS GUARDS—*Fox Cities PAC* \$46

FEBRUARY 14 - FASCHING DINNER & SHOW German Festival-Featuring: Dorf Kapelle Band \$65

FEBRUARY 18 - ONEIDA CASINO & JIM & LINDA'S \$59

MARCH 10 - NORTH STAR CASINO & SCHWARZ'S \$59

MARCH 18 - CHICAGO FLOWER SHOW \$65

APRIL 7 - MOTOWN THE MUSICAL—*Fox Cities PAC* Tickets \$76 and \$86

APRIL - "CHEESEHEADS"—A Happy Traveler's Exclusive 

MAY 12 - SISTER ACT—*Fireside* \$105

MAY 26 - "THE SKY'S THE LIMIT"—A Happy Traveler's Exclusive 

JUNE 9 - MAGGIE MAE DINNER SHOW \$74

JUNE 23 - "CRUISIN'" - A Happy Traveler's Exclusive 

JUNE 28 - EAA MUSEUM/MENOMINEE PARK - Grandparents/Grandkids Day

JULY 12 - "HONOR OUR VETERANS"—A Happy Traveler's Exclusive 

JULY 14 - ARLINGTON HORSE RACES

JULY 27/28 - MYSTERY OVERNITE TRIP \$206—A Happy Traveler's Exclusive 

SEPTEMBER 1 - SINGIN' IN THE RAIN—*Fireside* \$105

OCTOBER 13 - NEW MUSICAL (to be announced)—*Fireside* \$105

DECEMBER 15 - FIRESIDE CHRISTMAS —*Fireside* \$105

More trips coming soon! Watch for details.

EXTENDED TRIPS:

*JANUARY 28—February 6 - HAWAIIAN ADVENTURE

*MARCH 26—April 3 - HOLLAND & BELGIUM TULIP CRUISE

*APRIL 21—28 - WASHINGTON DC

MAY 17—19 - CHICAGO

AUGUST 22—24 - "SHIPSHEWANA" - A Happy Traveler's Exclusive 

*SEPTEMBER 8—16 - COLORADO RAIL ADVENTURE

*OCTOBER 4—9 - ALBUQUERQUE BALLOON FIESTA

OCTOBER 20—26 - NEW YORK

**Brochures are available for these trips*

Happy Traveler's Exclusive Trip itineraries are created exclusively for Happy Travelers.



Announcements & Services

Congratulations Fond du Lac Fire/Rescue



The Fond du Lac Fire and Rescue received an international accreditation by the Commission on Fire Accreditation International in Atlanta on Thursday, August 27.

The Fond du Lac Fire and Rescue department is now one of just more than 200 accredited departments across the world. Departments are evaluated on a number of criteria including training, assessment and planning, administration and financial resources.

Fire Chief O'Leary said the achievement took cooperation from everyone in the organization.

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



SNOWBIRDS? MOVING?

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, **PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW!** Because of our bulk mailing status for our Among Friends newsletter, any newsletters that cannot be mailed will be returned to the Senior Center and **will be charged** to the Center. We have been getting many newsletters back each month and this can be quite costly. Or, give us your email address and we'll email the latest issue to you!

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.



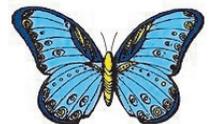
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|-------------------|-----------------------------|
| October 6 | Party Palace |
| October 13 | Blanck's Supper Club |
| October 20 | Sebastian's |
| October 27 | Schmitt's Oar House |

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

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

Heartland presents . . .

Movie Group



This group will watch movies with related themes in an effort to reflect and connect with our grief.

Upcoming Movies:

- Tuesday October 20th to view "The Bucket List"
- Tuesday, December 15th to view "Shadowlands"

The movie group starts at 1:30 p.m. at HCR Manor Care, 265 S. National Avenue, Fond du Lac. Our goal is to foster healing and understanding for those who are coping with grief while providing insight and direction. Take this opportunity to meet others, ask questions, or to simply watch and listen.

For more information or to RSVP contact Linda Wein or Dan Krause at 1-800-236-1989.

Heartland 
Enriching life.

2016 Friends Membership Application

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

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

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

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

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

CHOICE OF SUPPORT:

\$10.00 Single **\$15.00 Couple** (same address)

\$_____ UTILITY DONATION for the City of Fond du Lac For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2016 is optional but *very much appreciated!*

\$50.00 FANTASTIC FRIENDS membership support — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2016 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

\$100.00 FABULOUS FRIENDS membership support — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

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

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

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT/Receipt Given _____ CHECK AMT _____ CHECK # _____

NEW 2016 Member Renewal Receptionist Initials _____

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

Received Dine Out Book for Fantastic or Fabulous membership

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

October 2015 Newsletter

_____ Card File

_____ Computer

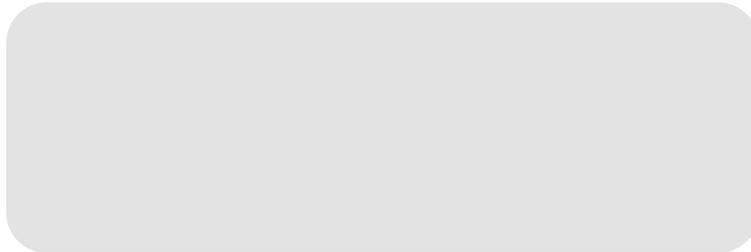


Fond du Lac Senior Center

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Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

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cloomans@fdl.wi.gov

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WELLNESS COORDINATOR

BOOKKEEPER

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OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Catherine Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

OUTREACH COORDINATOR

Sarah Olson 322-3641

FRIENDS BOARD OF DIRECTORS

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Joanne Bunkelman
Jerry Gordon
Robert Katzfey
Mary Kind
Vickie Michels
Charlotte Nelson
Wally Seibel
Judi Walters

SENIOR CITIZEN ADVISORY COMMITTEE

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

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

Wisconsin
Association of
Senior
Centers



MISSION

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

VISION

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