

# Among Friends



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

**OCTOBER 2016**

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

## Senior Wellness Morning!

**Friday, October 28**

**8:30—10:30 a.m.**

**8:30—9:30 a.m. FREE HEALTH SCREENINGS**

*(Hearing by Avada, Blood Pressure by Heartland Hospice and Blood Sugar Testing by Fond du Lac Lutheran Homes)*

Come check out our other amazing vendors who are excited to meet and speak with you about your health: Brookdale, Lake View Place, ManorCare, Southern Care Hospice, The Meadows and Visiting Angels.

**9:30—10:30 a.m. LET'S MAKE A DEAL GAME**



*Come be a winner, NOT a zonker! Learn about wellness in a fun way!  
There will be door prizes, handouts, refreshments and lots of fun!*

**If you're interested in attending the game, please call the front desk to register at 322-3630.**

## 2016



A Free Monthly Publication  
Vol. 7 • 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](http://www.fdlSeniorcenter.com)*

### Newcomer Tour

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



The other day I was out and about and noticed one lone tree that had started to change colors. It drew my attention because of its vivid colors surrounded by all of the other green. At first when I noticed it, I was a little disappointed that the leaves were changing already. Then when I took a minute to look at it, I realized how beautiful it was!



Stopping to appreciate the beauty of the leaves made me think about this movement that maybe you've heard about. It's called Mindfulness. The mindful website ([www.mindful.org](http://www.mindful.org)) says this,

**"Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."**

Society seems so busy – we rush from place to place, we are multi-taskers, we are on our phones while we are sitting with other people, and I think that we often forget to be mindful. It's almost as if we are overwhelming ourselves – maybe without knowing or intending to do it. How often do we take time to enjoy and appreciate the people and things around us?

There are a lot of studies that show that mindfulness has health benefits including fewer depressive symptoms, better working memory capacity and stress reduction. But how do we start? The mindful website gives us three things to do each morning when we wake up that will start us on a path of mindfulness. The steps are:

**Curate Your First Sounds** – the goal of this is to wake up to a gentle or soothing alarm or relaxing music rather than an alarm that makes your body tense or startled. We should start each day with something soothing.

**Hydrate Before You Caffeinate** – how many of us reach for a cup of coffee first thing in the morning? The mindful site encourages us to drink a big glass of water to rehydrate our bodies before we switch to something caffeinated.

**Observe Nature** – instead of grabbing your phone or tablet and taking in the world through technology, go outside and take in the birds or the sky. Appreciate the world around you before getting connected through technology.

These all seem pretty easy to me. I'm going to try it and invite you to try it with me. Let me know if you notice any changes, and be sure to take time to enjoy this colorful time of year!



Cathy

## Congratulations to Marilyn Bachman!



The Ladies Playful Golf Club (LPGC) concluded their 2016 golf season with an outing at Oakgreen Golf Course on Monday, August 29.

Everyone had fun at the year-end event, which included special events at the golf course followed by a launch party.

The highlight of the day was Marilyn Brachman's "Hole in one" on the 6th green! Hitting a "Hole in one" is something that most golfers do not experience in a lifetime and is a cause for celebration! Congratulations to Marilyn!

### Newsletter Crew

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

### Newsletter Deadline

The deadline to submit something for the November *Among Friends* newsletter is Friday, November 4, 2016. Please submit information to Christina Thor.

### Up-to-Date Information

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

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



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# Programs & Activities



## WALL OF ART

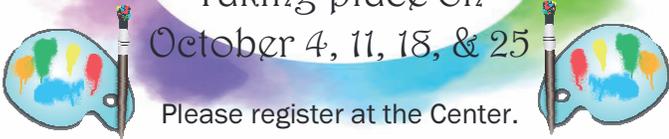
*"Art is not what you see but what you make others see."*

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

Become an artist yourself and sign up for our October

## ART CLASSES

Taking place on  
October 4, 11, 18, & 25



Please register at the Center.

## 2017 FRIENDS MEMBERSHIP DRIVE Starts November 1st

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



## AARP Driver Safety Class

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

**Tuesday, November 15**

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

Registration is at 8:00 a.m.

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

Please call 322-3630 to register.

Cash or check should be made out to AARP.



## RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER  
OF THE RED HAT SOCIETY

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

## Red Hat Halloween Chili Dump Monday, October 24th 12:30-2:45



Come in your Halloween Costume and bring a pint of your favorite Chili to add to the Chili Dump. Be prepared for a *GHOST STORY* to chill your bones!

Cost: \$2.00

Senior Center Rooms 2 & 3

Register at the Center by Monday, October 17!

## 2016 Raffle Update

A big thank you to all those who took part in the Senior Center raffle!

Grand Prize \$500 Winner is...

**LUELLA SNYDER!**

Thank you to all our donors for their continuous support! See the complete list of winners at the Center.



## FREE TICKETS TO SCHOOL EVENTS

The Senior Center have reusable tickets available for admission to all regular season athletic contests and music concerts for the Fond du Lac School District!

You may pick up a ticket to attend an event and return it to the Center so others can also use it for other events.

Stop by to pick up a ticket for a fun night out!





**Melodies and Memories  
Choir**  
Thursday, October 13  
3:30– 4:30 p.m.  
2nd Thursday of each  
month

Do you love to sing? Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.

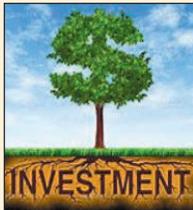
Please call the Center at 322-3630 if you would like to join us.

## Look who came to visit!



Jim Kaphengst and his wife Jill stopped in to pick up the beautiful quilt that Jim won in our annual raffle. Jill is one of the former Directors of our Center and it was so nice to do a tour with them and talk about all of the wonderful things that we have going on here! Jill was a big part of starting the Friends organization and we thank her for all she did to help create our wonderful Center!

## BAGELS WITH BEN



Tuesday, October 11  
9:00—10:00 a.m.

### Get your investment questions answered!

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies on Tuesday, October 11, from 9:00—10:00 a.m. at the Senior Center.

Bagels from The Bagelmeister.  
Call 322-3630 to register.

**It's FREE to attend!**

## Upcoming Umbrella Brigade Performance



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

Wednesday, October 19 at  
10:30 a.m. at Diverse  
Options in Ripon.

*These ladies and their  
performance will make you  
smile!*



## 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!

# Programs & Activities

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

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

## BINGO

50¢ for 2 cards

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

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

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

## CHORUS

*Red Hat Honeys*

Fridays at 10:00 a.m.

## COIN CLUB

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

## DANCES

\$4.00 donation

**Wednesday 7:30–9:30 p.m.**

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

## SCAMP (Senior Center Band)

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

## SCRAPBOOK CLUB

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

## Char-tastic Crafters

**1st & 3rd Thursday from 6–8 p.m.**

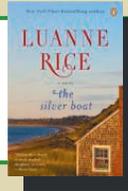
## STAMP CLUB

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

(except March, July and December)

## STITCHERY

**Tuesdays at 1 p.m.**



## BOOK CLUB

The Book of the Month is:

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

**The Silver Boat By: Luanne Rice**

## CARD GAMES

### BRIDGE

\$1 donation

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

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

**Thursdays: 10:00 Beginners**

*(subs needed)*

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

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

## CANASTA

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

## EUCHRE

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

## HAND & FOOT (Card Game)

**Wednesdays at Noon**

## POKER

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

## SHEEPSHEAD

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

*Jack of Diamonds*

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

*Black Queens*

## RECREATIONAL SHEEPSHEAD

**Wednesdays at 1 p.m.**

## SKAT

**Tuesdays at 8:00 a.m.**

## GAME DAY

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

## GERMAN CLUB

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

## HANDCHIME CHOIR

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

## POOL Open Pool daily

Leagues

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

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

## QUILTING

*Flying Geese Quilting Club*

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

*Call Nancy at 923-4494 for information.*

*Sunset Stitches Quilt Guild*

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

*Call Laura at 923-1693 for information.*

## RED HAT HONEYS

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

## ROMEOS

*All men are welcome to join the "Retired Old Men Eating Out" for lunch...*

*You don't have to be retired (or old) to join in on the camaraderie and fun!*

**Thursday, Oct. 6 Schmitt's Oar House**

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

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

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

**Saturday, October 15th**

**Sunset on The Water**

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

## TOPS (Take Off Pounds Sensibly)

**Chapter #0566**

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

## Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September–April)

Subs also needed for league play

## WINNEBAGO WOODWORKERS

**2nd Tuesday from 6:00–8:00 p.m.**

General meeting held at the FDL Senior Center

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

Workshop meetings at Horace Mann High

School, North Fond du Lac.

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

## WOODCARVERS GROUP

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

## WRITERS GROUP

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

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

*New members welcome!*

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



**Support the Senior Center by shopping at Younkers!**

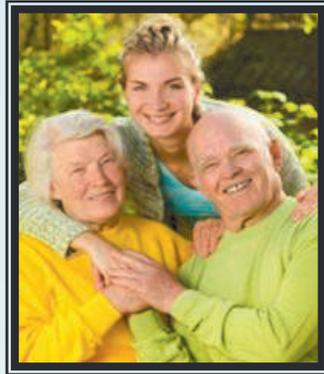
Younkers Community Days coupon books are on sale now through November 11 at the Senior Center front desk. Coupon books are \$5 and contain lots of coupons including one for \$10 off a \$10 purchase! Your coupon book will pay for itself!

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

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

## **CAREGIVER CONFERENCE:**

**"THE MORE YOU KNOW"**



**Thursday, November 10**

**8:30 a.m.—3:30 p.m.**

**Holiday Inn Conference Center**

**625 W. Rolling Meadows Drive**

**Fond du Lac, Wisconsin**

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

### **WHY YOU SHOULD COME!**

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

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

**Don't miss this  
great offer!**

The Fond du Lac Senior Center is offering

**10 FREE SCHOLARSHIPS**

to cover the cost of the conference for family caregivers! Please contact the Center for more information at 322-3630.



# Programs & Activities

## SPORTS DAY

Don't forget to dress up on Packers and Badgers game days, or the Fridays before the game! Game days are:



Oct 9, 16, 20, 30  
Nov 6, 13, 20, 28  
Dec 4, 11, 18, 24  
Jan 1



Oct 1, 15, 22, 29  
(no game Oct 8)  
Nov 5, 12, 19, 26

## AARP MEETING

Thursday, October 20  
1:30 p.m.



Join us as we get an update from the Madison office on the "Take A Stand" Campaign that AARP is promoting on a national level.

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

Mark your calendars for this upcoming crop!

## SCRAPBOOK CROP

Saturday, October 29; 9 a.m.—9 p.m.

For details on this upcoming scrapbook crop or to register, call Kim Wagner at 920-517-1108.



## BEGINNERS CARD MAKING CLASS

Tuesday, October 18,  
2–4 p.m.

with Christine Bertram

Cost: \$5.50 per person

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

Registration and payment deadline is October 17 at the Center.



## Memory Cafe

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

Friday, October 7; 10:00 a.m.



We will be talking and learning interesting facts about Oktoberfest, taste testing different kinds of brats, eating sauerkraut, drinking (non-alcoholic) beer and listening to polka music! Come one, come all!

Next Cafe: Friday, November 4th 10:00 a.m.

Sponsored in part by: ManorCare Health Services

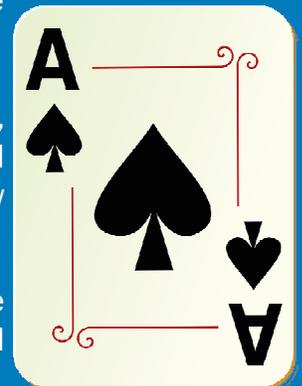
## JOIN OUR NEW CLUB!

### RECREATIONAL BID EUCHRE

Open to all skill levels! Join our new club that meets every 4th Tuesday of the month from 1:00–3:00 p.m. at the Center.

Come meet new friends, learn a new card game and have fun with our new group!

If you would like more information, please call (920) 948-1362.



Like us on  
Facebook

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



Mark your calendars for the  
**outreach annual holiday breakfast**

For Outreach Program Volunteers  
Thursday, December 1, 2016  
Rolling Meadows Restaurant  
9:00—11:00 a.m.

Please call 322-3630 to register.



**You're Invited!!!**

Fond du Lac  
Senior Center Friends  
**Christmas Party!!**

Monday, December 12, 2016  
Stay tuned for more info in the November newsletter

KC Hall  
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## Tai Chi Classes

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



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

**Next session: Nov. 15—Jan. 3 \$45**

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

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

## Last Bike Ride of 2016

**Tuesday, October 11; 10:00 a.m.**

Meet at the Rolling Meadows Trail rest stop. Car parking is available. The meeting place is about 1/4 mile south of Rolling Meadows Golf Course on Rolling Meadows Drive. The ride will be 9-10 miles round-trip along Hickory Street Road to and from Hobbs Woods. The group will go on a short hike through Hobbs Woods. This trip is not a paved trail. Please register at the Center. 50¢ donation. Cancellations on ride day call Larry at 960-9100.



## CHAIR EXERCISE CLASSES

*Men and women welcome!*

### LOW IMPACT CHAIR EXERCISE

*With Sarah Olson*

**Mondays 9:00—9:30 a.m.**

### CHAIR EXERCISE VIDEO

**Wednesdays 9:45—10:15 a.m.**

## OTHER EXERCISE

### Hikers

Tuesday & Thursday 10 a.m.

Call Ruth at 921-7192.

### Line Dancing

Thursdays 6—7:30 p.m.

\$10/4 weeks

### Beginning Line Dancing

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

*Class for Sat, Oct 22 is canceled. One time only, class will be held on Thurs, Oct 13 at 10:15—11:45 a.m.*

### ZUMBA

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

\$5 walk in/10 class punch cards \$40.00 at the door



## HEALTH SERVICES

### BLOOD PRESSURE TESTING\*

Sponsored by Heartland Hospice

**Friday, October 28; 8:30 a.m.** *During Wellness Morning*  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING\*

Sponsored by Lutheran Homes & Health Services

**Friday, October 28; 8:30 a.m.** *During Wellness Morning*  
No appointment needed. 12-hour fast required. Donations accepted.

### HEARING SCREENING/HEARING AID CLEANING\*

Sponsored by Avada Hearing Care Center

**Friday, October 28; 8:30** *During Wellness Morning*  
FREE Hearing Screenings and FREE Hearing Aid Cleanings  
Call 322-3630 for appointment. Donations accepted.

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

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

*2nd Tuesday in May & November*

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

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

Sponsored by FDL County Health Department

**October 6, 20, 27; November 3, 10, 17**

Call 322-3630 for an appointment.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

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

Owner of Country Doctor

**Tuesday, October 25; 10 a.m.—2 p.m.**

*Usually 4th Tuesday of the month*

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

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

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

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

**\*Note:** Dates have changed in October and will resume as 2nd Friday of the month starting November.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, October 27; 6:30—7:30 p.m.** *(4th Thursday)*

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

### DIABETIC SUPPORT GROUP

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

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

### PARKINSON'S SUPPORT GROUP

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

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

### PROSTATE CANCER SUPPORT GROUP

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

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

## Balance and Body Movement Class Fridays

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

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

**No registration required. Just drop in!!!**



**Due to popular demand**

## Self Defense Class

Is now being held weekly on Fridays at 9:00 a.m.

*\*No class on Oct 28 due to Wellness Morning\**

**No registration required. Just drop in!!!**



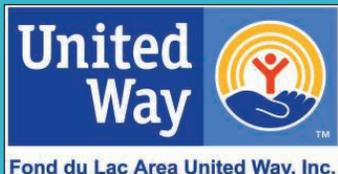
## Cardio Drumming Mondays at 3:00

**Give us a try! Your first class is free!**

Purchase a punch card good for 8 classes for \$24.

**Call 322-3630 for details!**

## Senior Outreach Program



*Reaching Out – Touching Lives*

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



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

## Community Cares

Volunteers will visit **Woodlands, 87 Wisconsin American Drive Fond du Lac, Tuesday, October 25, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

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



## Senior Outreach Program

Outreach volunteers will meet on **Thursday, October 6 at 9:00 a.m.** to submit reports, share concerns and encourage each other. During this meeting we will also provide an opportunity for continuing education and work on resource building.



At 10:00 a.m. Linda Wein from Heartland Hospice will be here to talk about Hospice and how to communicate with individuals who are on Hospice.

**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><b>1</b> <u>Saturday</u> 10:00 Beg. Country Line Dance</p> <p><b>9</b> <u>Sunday</u></p> <p><b>3</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming</p> <p>5:30 Zumba Gold 5:30 FDL Artist Association</p>	<p><b>4</b> HT Leave for Alburquerque 8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 AARP Board Meeting <b>10:00 Hiking</b> 10:00 Acrylic &amp; Oil Painting Class 10:00 Singing 12:30 Bridge <b>1:00 Windows 10 for Beginners</b> 1:00 Bingo-Sponsor: FDL Lutheran Him 1:00 Stitchery Group 1:00 Drawing &amp; Watercolor Class 3:00 Mixed Media Art Class <b>6:00 Winnebago Woodworkers at NFDL</b> <b>6:30 Senior Dining-Goose Shot</b> <b>Supper Social at 5:30</b></p> <p><b>11</b> HT Trip to Ho Chunk Casino 8:00 Skat 8:30 Pool League 8 Ball <b>9:00 Bagels with Ben</b> 9:00 Tai Chi <b>10:00 Hiking</b> <b>10:00 Bike Ride-Hobbs Woods</b> 10:00 Acrylic &amp; Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo-Sponsor: Harbor Haven 1:00 Stitchery Group 1:00 Drawing &amp; Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers 6:00 Coin Club <b>6:30 Senior Dining-Ginos; Social 5:30</b></p>	<p><b>5</b> 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise <b>12:30 Movie-"In the Heart of the Sea"</b> 12:00 Hand &amp; Foot 12:00 Canasta 1:00 Recreational Sheepshead 1:15 Sheepshead 7:30 Wed Night Dance</p>	<p><b>6</b> 9:00 Senior Outreach 9:00 Foot Care 9:00 Hand Chimes 9:00 Yoga <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge <b>12:00 ROMEO's-Schmitt's Car House</b> 12:30 Bridge 1:00 Flying Geese Quilters 1:00 Tech Tyme 1:30 Aging Mastery Program 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club</p>	<p><b>7</b> 9:00 Self Defense 10:00 Memory Cafe 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement 12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day <b>Packer Day-Wear your Green &amp; Gold</b></p> <p><b>8</b> <u>Saturday</u> 8:00 FDL Art Association</p> <p><b>9</b> <u>Sunday</u></p>
<p><b>10</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p><b>1:00 Happy Travelers-Australia and New England Previews</b></p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming</p> <p>5:30 Zumba Gold</p>	<p><b>11</b> HT Trip to Ho Chunk Casino 8:00 Skat 8:30 Pool League 8 Ball <b>9:00 Bagels with Ben</b> 9:00 Tai Chi <b>10:00 Hiking</b> <b>10:00 Bike Ride-Hobbs Woods</b> 10:00 Acrylic &amp; Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo-Sponsor: Harbor Haven 1:00 Stitchery Group 1:00 Drawing &amp; Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers 6:00 Coin Club <b>6:30 Senior Dining-Ginos; Social 5:30</b></p>	<p><b>12</b> 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand &amp; Foot 1:00 Recreational Sheepshead 1:15 Sheepshead 7:30 Wed Night Dance</p>	<p><b>13</b> HT Trip to Fireside Theatre 9:00 Hand Chimes 9:00 Yoga <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge 10:15 Beg. Country Line Dance 12:30 Bridge 1:00 Tech Tyme 1:30 Aging Mastery Program 3:30 Melodies and Memories Choir 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers</p>	<p><b>14</b> 8:30 Flu Clinic 9:00 MPTC-Beg. Digital Cameras 9:00 Self Defense Class 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement 12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day <b>Packer Day and Badger Day-</b> <b>15</b> <u>Saturday</u> 10:00 Beg. Country Line Dance 5:00 <b>Supper Club-Sunset on the Water</b> <b>16</b> <u>Sunday</u></p>
<p><b>17</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club <b>12:30 Movie-"In the Heart of the Sea"</b></p>	<p><b>18</b> 8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 MPTC-Internet Security/Your Computer <b>10:00 Hiking</b></p>	<p><b>19</b> 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise <b>10:30 Umbrella Brigade at Diverse Options. Ribbon</b></p>	<p><b>20</b> 9:00 Hand Chimes 9:00 Foot Care 9:00 Yoga <b>10:00 Hiking</b> 10:00 Scrapbooking 10:00 Beginning Bridge</p>	<p><b>21</b> 9:00 Self Defense Class 9:00 MPTC-Intermediate Digital Cameras 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement 12:30 Wii Bowling</p>

<p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming 5:30 Zumba Gold</p>	<p>10:00 Acrylic &amp; Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo-Sponsor: Generations 1:00 Stitchery Group 1:00 Drawing &amp; Watercolor Class 2:00 <b>Beginning Card Making</b> 3:00 Mixed Media Art Class 6:00 <b>Winnebago Woodworkers at NFDL</b> 6:30 <b>Senior Dining-Roepke's Social at 5:30</b></p>	<p>12:00 Hand &amp; Foot 12:00 Canasta 1:00 Recreational Sheepshead 1:15 Sheepshead 7:00 Stamp Club 7:30 Wed Night Dance</p>	<p>10:30 Yoga 12:30 Bridge 12:30 Transit Committee Meeting 1:00 Tech Tyme 1:30 AARP 1:30 Aging Mastery Program 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook</p>	<p>1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day <b>Packer Day and Badger Day—Wear Your Green &amp; Gold or Bader Red</b>  <b>22 Saturday</b> 9:00 <b>Make and Take-Fabric Pumpkins</b> 10:00—2:00 <b>Gift Shop Open</b> <b>23 Sunday</b></p>
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<p><b>24</b> 8:00 <b>Newsletter Assembly</b> 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club <b>12:30 Red Hat Halloween Party</b> 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming 5:30 Zumba Gold</p>	<p>8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 <b>Hiking</b> 10:00 Acrylic &amp; Oil Painting Class 10:00 Massage 12:30 Bridge 1:00 Bingo-Sponsor: Lincoln House 1:00 Stitchery Group 1:00 Recreational Bid Euchre 1:00 Drawing &amp; Watercolor Class 2:00 <b>Community Cares at the Woodlands</b> 3:00 <b>Mixed Media Art Class</b> 6:00 <b>Winnebago Woodworkers at NFDL</b> 6:30 <b>Senior Dining-Blanck's Supper Social at 5:30</b></p>	<p>26 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand &amp; Foot 1:00 Recreational Sheepshead 1:15 Sheepshead 7:30 Wed Night Dance</p>	<p>27 9:00 Foot Care 9:00 Hand Chimes 9:00 Yoga 10:00 <b>Hiking</b> 10:00 Beginning Bridge 10:30 Yoga 12:30 Bridge 1:00 Tech Tyme 1:30 Aging Mastery Program 5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group</p>	<p><b>28</b> 8:30 <b>Wellness Morning</b> 8:30 <b>Hearing Screenings</b> 8:30 <b>Health Screenings</b> 9:00 Friends Board 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement 12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day <b>Packer Day and Badger Day—Wear Your Green &amp; Gold or Bader Red</b> <b>29 Saturday</b> 9:00 Scrapbook Crop <b>30 Sunday</b></p>
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**31**  
9:00 Low Impact Chair Exercise  
9:00 Woodcarving Club  
1:00 Euchre  
1:00 German Club  
1:00 Poker  
1:15 Sheepshead  
3:00 Cardio Drumming  
5:30 Zumba Gold

**Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and many other gift cards.**

**Gift Shop is open**  
10-4 Monday-Friday  
4-6 Thursday  
3rd Saturday 10-2 (Except Oct-4th Sat)

**Open Pool daily except during league playing time.**

**LET'S DO LUNCH!**  
The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. 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: [fdlseniorcenter.com](http://fdlseniorcenter.com)**

**OFFSITE SUPPORT GROUPS**  
10/10 10:00 Parkinson's Support Group - Aurora Health Care  
10/11 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant  
10/18 4:00 Diabetic Support Group at Aurora Health Care Center

**\*\*All Orange Events are held Offsite**

Fellowship, Food & Fun

# Moraine Park Classes



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

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



## MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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### BEGINNING YOGA

807-600-21064	R	October 20, 2016	8 weeks	10:30am-11:25am	8 hours	J. McDowell	\$36.90	\$47.70
807-600-21065	R	October 20, 2016	8 weeks	09:00am-09:55am	8 hours	J. McDowell	\$36.90	\$47.70

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Students should bring a yoga mat or blanket. No class 11/24.

### BEGINNING DIGITAL CAMERAS

203-640-21335	F	October 14, 2016	1 day	09:00am-12:55pm	4 hours	K. Kraft	\$20.70	\$26.10
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Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as megapixel and flash memory. Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

### INTERNET SECURITY/YOUR COMPUTER

103-657-21331	T	October 18, 2016	1 day	09:00am-11:55am	3 hours	J. Schmitz	\$20.70	\$26.10
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Protect your computer, your data and your online accounts from hackers. Explore various types of malware threats and the use of protection software. Learn to schedule regular computer system maintenance and keep your computer clean and free from risks and threats.

### INTERMEDIATE DIGITAL CAMERAS

203-641-21336	F	October 21, 2016	1 day	09:00am-12:55pm	4 hours	K. Kraft	\$20.70	\$26.10
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Discover tools to improve both your digital pictures and your digital photography skills. This class builds on Basic Digital Cameras skills.

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

Don't forget to **LIKE US**  
on Facebook to see  
what's going on daily!!



#### Senior Center:

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

#### Brown Paper Packages Gift Shop:

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

#### Happy Travelers:

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

# Art & Recreation Classes

15

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

Class	Day	Time	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
Session 1: October 4,11,18,25   Session 2: November 1, (no class on the 8th), 15, 22, 29			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
Session 1: October 4,11,18,25   Session 2: November 1, (no class on the 8th), 15, 22, 29			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
Session 1: October 4,11,18,25   Session 2: November 1, (no class on the 8th), 15, 22, 29			
Country Line Dancing	Thursdays	6:00-7:30 p.m.	\$10 for 4 class punch card
Session 1: September 29 & October 6, 13, 20   Session 2: October 27 & November 3, 10, 17			
Beg. Country Line Dancing	Saturdays	10-11:30 a.m.	\$7.50 for 3 class punch card
Session 1: October 1, 13, 15 *Note: one-time only Oct 13 class is 10:15—11:45 a.m.   Session 2: November 5, 12, 19			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
Session 1: October 4, 11, 18   Session 2: November 1, 8, 15, 22, 29 & December 6			

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

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

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

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

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## FALL

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### Make and Take Class

## “ Fabric Pumpkins ”

Saturday, October 22  
9:00–11:00 a.m.

Come and enjoy a morning of “Pumpkin” making. All supplies are provided for you to make 3 or 4 for just \$10.

You must sign up and pay for the class by Friday, October 21.  
(at the front desk in the Senior Center)

*PLEASE NOTE: Our Saturday open for October will be the 22nd (not the 15th)*

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

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

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



# Programs & Activities - Movie

## In the Heart of the Sea

Wednesday, Oct. 5 & Monday, Oct. 17

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

October 5 Menu:

October 17 Menu:

2015 movie; 2 hr 2 mins; PG-13; Action/Adventure; Starring: Chris Hemsworth, Cillian Murphy & Brendan Gleeson

Based on the incredible true story that inspired *Moby-Dick*. In 1820, crewmen aboard the New England vessel Essex face a harrowing battle for survival when a whale of mammoth size and strength attacks with force, crippling their ship and leaving them adrift in the ocean. Pushed to their limits and facing storms, starvation, panic and despair, the survivors must resort to the unthinkable to stay alive.



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

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



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➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

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

## SENIOR DINING

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



- |                   |                             |
|-------------------|-----------------------------|
| <b>October 4</b>  | <b>Goose Shot</b>           |
| <b>October 11</b> | <b>Gino's</b>               |
| <b>October 18</b> | <b>Roepke's Village Inn</b> |
| <b>October 25</b> | <b>Blanck's Supper Club</b> |

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

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

## Senior Dining



Fellowship, Food & Fun

## October 2016 Fond du Lac County Senior Dining

*Come join us for lunch!*

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



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

- Monday, October 3: Swiss Steak
- Tuesday, October 4: Ham Rolls
- Wednesday, October 5: Baked Spaghetti
- Thursday, October 6: Chicken Marsala
- Friday, October 7: Hamburger on a Bun
- Monday, October 10: Pork Jaegerschnitzel
- Tuesday, October 11: Beef Stroganoff
- Wednesday, October 12: Baked Chicken
- Thursday, October 13: Crispy Fish Fillet
- Friday, October 14: Swedish Meatballs
- Monday, October 17: Chicken Breast
- Tuesday, October 18: Pepper Steak
- Wednesday, October 19: Roast Beef
- Thursday, October 20: BBQ Pork Cutlet
- Fri., Oct. 21: Chicken & Biscuit Casserole
- Monday, October 24: Meatloaf
- Tuesday, October 25: Baked Chicken
- Wed., October 26: Hawaiian Meatballs
- Thursday, October 27: Country Fried Steak
- Friday, October 28: Smoked Sausage
- Monday, October 31: Chopped Steak

***Come dine with friends!***

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 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**

# Happy Travelers

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



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

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

**Reminders:**

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



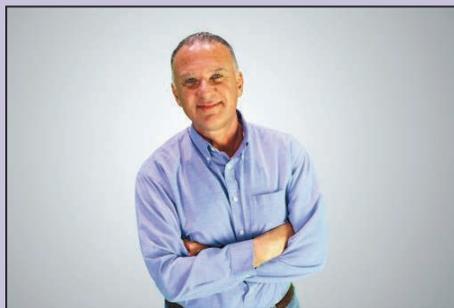
**May 30—June 4, 2017**  
Be the first to see it in our area!  
5:45 p.m.—11:00 p.m.  
*No Meal*

**\$140**

The Tony and Grammy Award-winning new biographical musical features the biggest hits from the Carole King songbook.

## The Wonder Bread Years with John McGivern

**\$79**



**The Schauer Center**

**January 27, 2017**

Includes lunch at Mine Shift, Hartford

A fresh & funny salute to Americana. The Wonder Bread Years starring John McGivern (a local actor from Wisconsin!) is a fast-pasted, hilarious production that gracefully walks the line between standup and theatre. Fans across the country are enjoying a show that leaves audiences laughing and savoring the past like never before. From sitting at the kids table, to riding in the back of the Country Squire station wagon, the Wonder Bread Years is a comic bull's-eye for Baby Boomers everywhere!

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

## Mystery Trip

May 22—26, 2017



Come join us for a fun week at a mystery destination, where there's much to explore!

5 days & 4 nights in the same hotel  
8 meals: 4 breakfast, 4 dinners

\$549 per person, double occupancy  
(\$45 travel insurance available)

\$699 single occupancy  
(\$59 travel insurance available)

\$75 deposit required

—————DON'T MISS OUT—————

Guided City Tour      Touch The Water  
See The Lights      Smell The Fresh Air

Enjoy three forms of travel during this trip!

## Savannah, Jekyll Island & Charleston, SC

**\$918**  
pp/dbl

April 1—9, 2017  
Saturday—Sunday  
9 Days, 8 Nights



This is a trip you do not want to miss!!!  
With motor coach transportation, you'll be able to tour beautiful Savannah, Jekyll & St. Simon's Island, while visiting a historic and famous home and seeing how early millionaires (like J.P. Morgan and William Rockefeller) lived!

See Mary or call 322-3635 to register.

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

### Day Trips

**Packer Stadium/Hall of Fame** November 2 - \$60  
(Dutch treat. Seats still available)

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

**Fireside Christmas** - December 15 - \$105  
(Seats still available)

—————2017—————

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

**Fasching Show (Dorf Kapelle Band)** - Feb 12 - \$69  
(Join us for their annual German Mardi Gras)

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

★ **Trip Preview of Australia & New England Trip on October 10 at 1:00PM**

### Extended Trips

**Yellowstone & Glacier Adventure** More seats opened up!  
11 days July 17-27, 2017 - \$2875 pp/dbl

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

**Colors of New England\***  
September 26—October 3, 2017 - \$3529 (dbl)  
(Includes lobster dinner and tours of Woodstock)

\*discounts for early sign-up

Spend next year's New Year's Eve in sunny California at the Rose Parade!  
More info coming soon!



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

# Announcements/Mark Your Calendar

*Get the shot,  
NOT the Flu!*

## FLU SHOT CLINIC

Friday, October 14

8:30-10:30 a.m.

Fond du Lac Senior Center

\$30/standard flu vaccine

\$50/high dose flu vaccine

Only for ages 65+

We accept cash or check. If billing Medicare, bring your insurance card.

**NO APPOINTMENT NEEDED –**

*Just come!*



## Veteran's Day



## Pancake Breakfast!

## Friday, November 11

## 8:00–10:00 a.m.

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

*Sponsored by Lake View Place*



Plans are underway to hold a Bake Sale on Election Day,

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

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



## ZUMBA GOLD IS AT THE SENIOR CENTER!

Work out while having fun! A program that creates easy-to-follow moves to hypnotic Latin rhythms, you will feel like you're partying instead!

**Come join the Zumba Gold class on Monday evenings from 5:30—6:30 p.m.**

No registration required. \$5 for a walk-in class, or a 10-class punch card for \$40 at the front desk! For more information, please call Kirsten at 606-9078.



## TECH TYME

Do you have a question on how to use an iPad, smartphone, Facebook or any other technology?

Starting Thursday, October 6, drop-in hours for technology questions will be at the Center from 1:00–3:00 p.m. and will continue **EVERY THURSDAY!**

This is **OPEN** to everyone! Come get your questions answered!



## Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

## 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 delivered 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!



# 2017 Friends Membership Application

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

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

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

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

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

**CHOICE OF SUPPORT:**

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

**\$\_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

**\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of 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 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

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

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

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

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are 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 \_\_\_\_\_ CHECK AMT \_\_\_\_\_ CHECK # \_\_\_\_\_ Receipt Given \_\_\_\_\_

NEW 2017 Member     Renewal    Receptionist Initials \_\_\_\_\_

FANTASTIC FRIENDS \$50     FABULOUS FRIENDS \$100

Received Dine Out Book for Fantastic or Fabulous membership     Received Happy Travelers Info

Received *Among Friends* Newsletter

Oct 2017 Newsletter

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

\_\_\_\_\_ Computer

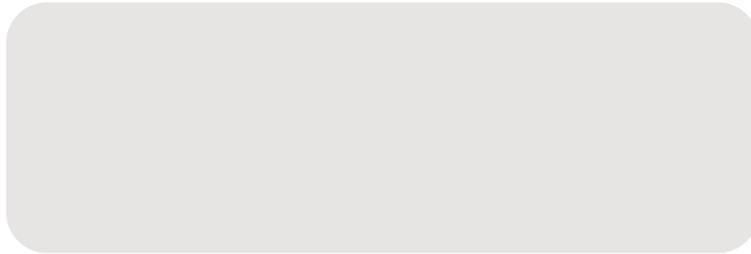


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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# FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

*Cathy Loomans* 322-3630  
cloomans@fdl.wi.gov

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### TRAVEL COORDINATOR ASSISTANT

*Vicki Wiesner* 322-3633

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

*Katie Fischer* 322-3636

#### PROGRAM COORDINATOR

*Sarah Olson* 322-3641

#### MARKETING/FUND COORDINATOR

*Christina Thor* 322-3640

#### OUTREACH/WELLNESS COORDINATOR

*Sarah Olson* 322-3641

#### GIFT SHOP COORDINATOR

*Mary Otterstatter* 322-3638

### FRIENDS BOARD OF DIRECTORS

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

### SENIOR CITIZEN ADVISORY COMMITTEE

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

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

Wisconsin  
Association of  
Senior  
Centers



### MISSION

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

### VISION

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

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