

# Among Friends



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

## October 2014

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

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



## Arts, Antiques & Craft Fair

Saturday, November 8, 2014

9 a.m. – 1 p.m.

Fond du Lac Senior Center

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

**DOOR PRIZES!**

- ◇ **ARTS** – paintings, woodworking, jewelry & more
- ◇ **ANTIQUES** – vintage keepsakes and all things old
- ◇ **CRAFTS** – special hand-crafted items
- ◇ **2015 TRIPS, MEMBERSHIPS, & MORE** – Check out Friends opportunities (& chance to win \$100!)
- ◇ **50¢ SNACKS**– homemade goodies, sundaes, or popcorn *while it lasts!* - we will NOT be serving a lunch
- ◇ **This 'n That Craft & Gift Shoppe** will be open & every ½ hour will be giving away a certificate to redeem for a 2015 Dine Out Coupon Book (\$150+ value!) when they are available November 8

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

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



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

# RAFFLE WINNERS



**OCTOBER  
2014**

A Free Monthly Publication  
Vol. 5 • No. 10

## What's Inside

Raffle Winners .....	2
Pancake Breakfast.....	3
Drivers Safety & Special Notices .....	4
Senior Outreach .....	5
Volunteer Appreciation .....	6-7
Happy Travelers .....	8
Services & Programs.....	9
Health & Wellness .....	10, 11
Movie .....	12
Exercise.....	13
Recreation.....	14
Christmas Party.....	15
2015 Membership Drive.....	16
Art & Recreation.....	17
Red Hat Honeys/Craft Shoppe.....	18
MPTC Classes .....	19-20
Senior Center News .....	20
Services & Fundraisers .....	21
Brain Games .....	22
Community Announcements.....	23



### Fond du Lac Senior Center

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

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

Visit us online at [www.fdlSeniorcenter.com](http://www.fdlSeniorcenter.com)

## 2014 RAFFLE WINNERS

This year's raffle was RECORD BREAKING, SUCCESS!  
Together we raised \$12,899 in ticket sales.  
Congratulations to the following big raffle winners:



### Grand Prize Winner Marty Wilderman

\$500 Cash donated by J.F. Ahern Co.

2nd prize	Diamond necklace donated by <i>The Goldsmith</i>	Jane Dennis
3rd prize	Park Bench donated by <i>BCI Burke</i>	Laurel Nett
4th prize	\$400 cash donated by <i>Zacherl Funeral Home</i>	Gary Kellett
5th prize	\$150 <i>Busy Acres Nursery</i> Gift Certificate	Harold Demaskie
6th prize	4 rounds of golf at <i>Whispering Springs</i>	Dolores Reinheld
7th prize	4 <i>Milwaukee Bucks</i> game tickets	Norman Weber
8th prize	Night stay at <i>Holiday Inn</i>	Carol McArthur
9th prize	\$100 Cash donated by <i>Michels Corporation</i>	Frank Butler
10th prize	\$100 Cash donated by <i>Uecker-Witt Funeral Home</i>	Helen Kastein
11th prize	\$100 Kwik Trip Gift Card from <i>Fox Valley Savings</i>	Barb Stoegbauer
12th prize	\$100 Cash donated by <i>J.L. Ziegler Co.</i>	Shirley Karl



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

Thank you to **Culver's** for donating delicious custard for our social and to the **Fond du Lac Fire Department** for scooping custard and calling Bingo.



And a very special thank you to Vickie Michels, Charlotte Nelson, Irv Pea, and Judi Walters who spent many hours soliciting prizes. We couldn't hold the raffle without our volunteers!

# PANCAKE BREAKFAST

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

## Friday, November 21

8 a.m. – 1 p.m.



**All proceeds  
benefit the  
Senior Center  
“Senior Outreach  
Program”  
A United Way Agency**

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

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

### Newsletter Crew

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

### Newsletter Deadline

The deadline to submit something for the November *Among Friends* newsletter is Friday, October 3. Please submit information to Joan Brezinsky.

### Up-to-Date Information

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

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

Sponsored by Smith & Hatch Insurance.



# DRIVERS SAFETY & SPECIAL NOTICES

## REMEMBER WHEN . . .



The old Fond du Lac County Court House was located on the corner of Main Street and Western Avenue in the area that is now Veteran's Park.

Have an old photo you'd like to share? We will occasionally include old photos in our newsletter. If you have one you'd like to share, drop it off at the Senior Center. Be sure to include your name, phone number and description of the photo.

## SEEKING FRIENDS BOARD MEMBERS FOR 2015-17

Get involved with our Senior Center! The Fond du Lac Senior Center Friends Board is seeking **five (5)** new members to serve on the Friends Board for 2015-17. The election will be at the January Annual Meeting but we need to establish a slate of potential members prior to January 23, 2015. If you're interested or would like more information, please contact Dottie Winkelmann at 322-3630.

## THANKS to Vivian Gorden!

A very, very special thank you to Vivian Gorden for putting in countless hours serving as the Volunteer Newsletter Coordinator for many years. Your help has been appreciated!

*"Volunteers don't necessarily have the time; they just have the heart."*

*- Elizabeth Andrew*



### ROUNDABOUT SAFETY

Randy Asman,  
Wisconsin Department of Transportation

The Roundabout Safety presentation scheduled for September has been rescheduled. Call 322-3630 for date and time .



## DRIVER SAFETY CLASS

Tuesday, October 14  
8:30 a.m.—12:30 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 Tuesday, October 7.**

### 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:

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

Reaching Out —Touching Lives

# Senior Outreach Program



**MORE VOLUNTEERS NEEDED!**

JUST A FEW HOURS OF YOUR TIME CAN MAKE A DIFFERENCE

## Volunteer Training

9:00 – 11:00 a.m.

*Continental Breakfast Served*

**Fond du Lac Senior Center, 151 E. 1st St.**

**Monday, October 20**

Outreach Program Overview & History—Senior Center Staff

Topics On Aging—Retired Public Health Nurse

**Tuesday, October 21**

Mental Illness “They” Are “Us” —Everest Brooks,

Resources in Fond du Lac County—Sandy Tyron, Director of FDL

County Aging & Disability Resource Center

**Friday, October 24**

Benefits of Volunteering & RSVP—Bridget Bestor of ADVOCAP

Certificate Ceremony; Present Volunteers; Questions & Answers

**SIGN UP NOW!**

**OPEN TO ALL!**  
Attend even if you do not intend to volunteer in the program.



Fond du Lac Area United Way, Inc.

These programs are open to the public—*anyone can attend!*

**Attend even if you do not intend to volunteer in the program.**

Call 322-3630 to sign up for any or all days.

For additional information about the program,

call Jean Holzman, Wellness Coordinator, at 322-3636.

**Fond du Lac Senior Center, 151 East First Street**

The Senior Outreach Program is funded in part by:  
Friends of the FDL Senior Center,  
FDL United Way, FDL Area Foundation,  
FDL County Department of Community Programs

**VOLUNTEERS ARE SPOOKTACULAR!**

# Volunteer Appreciation Party

Friday—October 31, 2014

Halloween Afternoon

1:30—3:30 p.m.

Fond du Lac Senior Center

*Sponsored by Senior Center Staff*

**Open to all Senior Center volunteers from 2012—Current**

- 🕷 **Great Games**
- 🕷 **BOO Bingo**
- 🕷 **Crazy Contests**
- 🕷 **Perfect Prizes**
- 🕷 **Terrific Treats**

Volunteers will move from room to room in small groups where staff will lead a fun activity. There will be something enjoyable in each room! You may want to bring a camera to capture the memories... and awesome Halloween decorations.

**Leave your stress at home and join us for a great afternoon!**



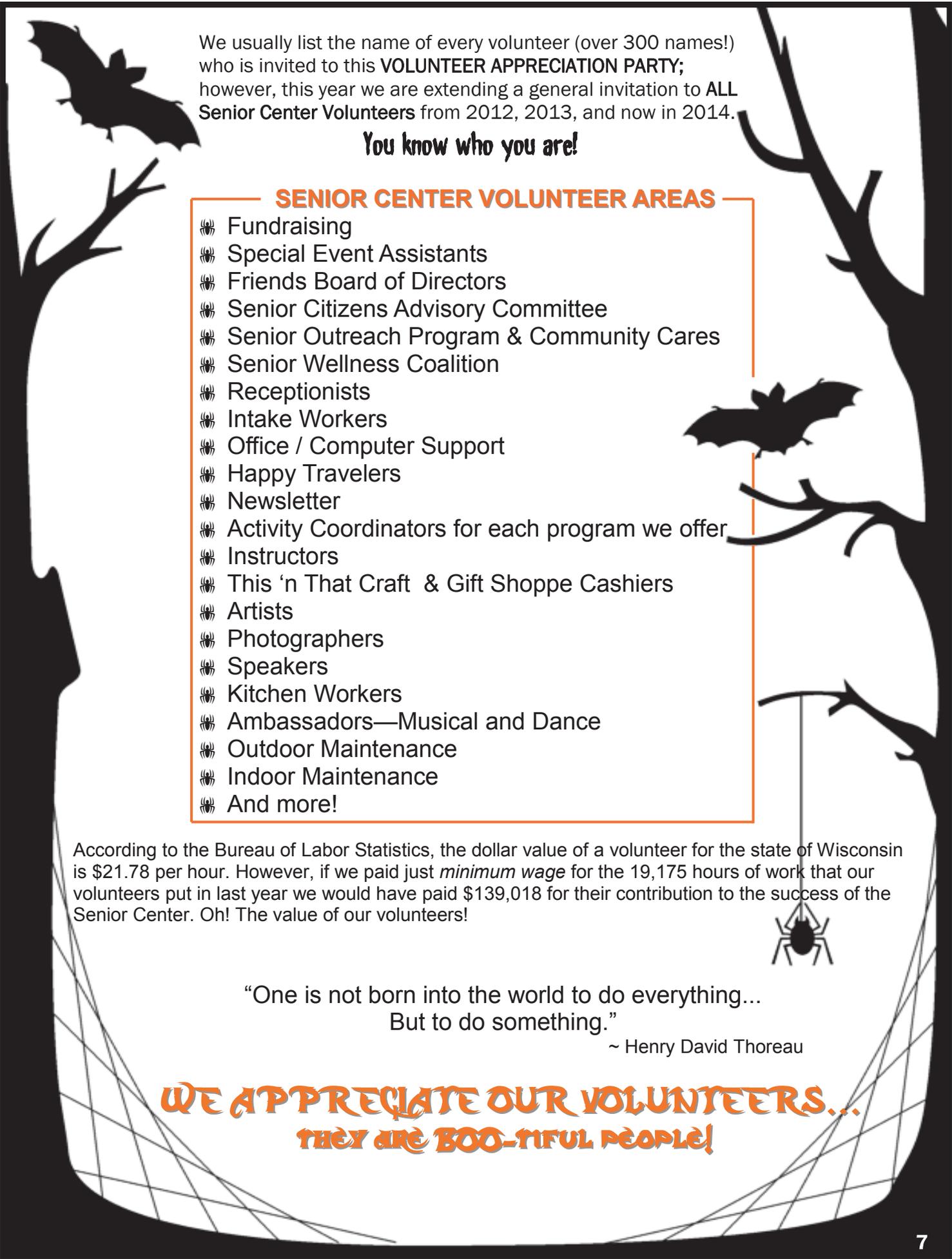
**Costumes are optional—there will be prizes if you dare to dress up.**

Due to the Improvement Project and other circumstances, we have not held a Volunteer Appreciation Party since our baseball party at Theisen on July 13, 2012. If you have volunteered at the Senior Center in 2012, 2013, or are currently volunteering, **YOU ARE INVITED TO ATTEND THIS THANK YOU CELEBRATION!**

PRE-registration is REQUIRED so we can plan refreshments, party favors, and games. **Call the Senior Center at 322-3630 by Wednesday, October 15, to register.**

It's better to register and cancel than register at the last minute.

**PLEASE REGISTER ASAP SO STAFF CAN START PLANNING!**



We usually list the name of every volunteer (over 300 names!) who is invited to this **VOLUNTEER APPRECIATION PARTY**; however, this year we are extending a general invitation to **ALL Senior Center Volunteers** from 2012, 2013, and now in 2014.

**You know who you are!**

### **SENIOR CENTER VOLUNTEER AREAS**

- 🕸 Fundraising
- 🕸 Special Event Assistants
- 🕸 Friends Board of Directors
- 🕸 Senior Citizens Advisory Committee
- 🕸 Senior Outreach Program & Community Cares
- 🕸 Senior Wellness Coalition
- 🕸 Receptionists
- 🕸 Intake Workers
- 🕸 Office / Computer Support
- 🕸 Happy Travelers
- 🕸 Newsletter
- 🕸 Activity Coordinators for each program we offer
- 🕸 Instructors
- 🕸 This 'n That Craft & Gift Shoppe Cashiers
- 🕸 Artists
- 🕸 Photographers
- 🕸 Speakers
- 🕸 Kitchen Workers
- 🕸 Ambassadors—Musical and Dance
- 🕸 Outdoor Maintenance
- 🕸 Indoor Maintenance
- 🕸 And more!

According to the Bureau of Labor Statistics, the dollar value of a volunteer for the state of Wisconsin is \$21.78 per hour. However, if we paid just *minimum wage* for the 19,175 hours of work that our volunteers put in last year we would have paid \$139,018 for their contribution to the success of the Senior Center. Oh! The value of our volunteers!



“One is not born into the world to do everything...  
But to do something.”

~ Henry David Thoreau

**WE APPRECIATE OUR VOLUNTEERS...  
THEY ARE BOO-TIFUL PEOPLE!**

# HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

## UPCOMING TRIPS

All day trips include driver's tip.

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

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

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



Fond du Lac Senior Center presents

## Classical Italy

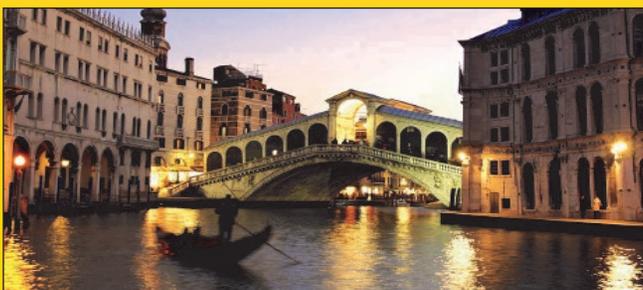
Featuring Rome, Florence & Venice

Thursday, March 19, 2015

12 days, 16 meals

\$4,199 per person double occu-

**Tour Highlights include:** Rome, Florence, Venice, Italian Coast & Isle of Capri, Italian Lake District, Pompeii Excavations, Orvieto, Padua—St. Anthony's Basilica, Colosseum, St. Peter's & Vatican City, Treasures of the Vatican, Academy Gallery—Statue of David, Leaning Tower of Pisa, Verona—Juliet's Balcony, Lake Como



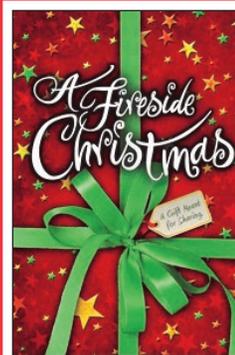
## CHRISTMAS AROUND THE WORLD BAKERY BUS TOUR

Tuesday, December 16 — \$102

Join us for a day of sweet treats!

We'll be going to FOUR BAKERIES—The National, Canfora, Simma's

and La Tarte. Also making a stop at Ultimate Confections (chocolates) and Rose's Flower Shoppe (flowers). Lunch will be at Mader's in Milwaukee.



## A FIRESIDE CHRISTMAS

Fireside Theater

Wednesday, December 10

\$95

The Fireside Christmas show has become a must see tradition. The show re-kindles the true Christmas spirit through songs, stories and dances featuring beautiful costumes and settings, glorious singing and breath-taking dancing.



## CASINO TRIP



North Star Casino

Thursday, November 13

Cost: \$54

Leave: 8:30 a.m., Home: 6:45 p.m.

Dinner at Jim & Linda's

# FUN, FOOD & FREEDOM

## 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.

**Oct. 7 Blanck's Supper Club**

**Oct. 14 Northwinds**

**Oct. 21 Schmitt's Oar House**

**Oct. 28 Gino's**



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

**More info: call Max at 920-269-4180.**



## VETERAN SERVICES

**Monday, October 13  
10:00 a.m.**

**Speaker: Rick Patton  
County Veteran Services**

Join Rick for a presentation on benefits available to our veterans and their families.

**To register, call 322-3630 by Monday, October 6.**

## BAKED GOODS NEEDED FOR ELECTION BAKE SALE

We will hold a BAKE SALE in the east lobby during the Election on **Tuesday, November 4**, from 7:30 a.m. until all of the goodies are sold. With the upcoming election for Governor, a good turn-out is expected so lots of baked goods will be needed. Please sign up at the front desk if you would be willing to bring cookies, bars, cupcakes, pies, snack mix, etc. We also need volunteers to help with the Bake Sale. Please sign up for helping set up on Monday afternoon or working at the booth on Tuesday.



# HEALTH & WELLNESS



## Last Bike Ride of 2014

Join us on **Wednesday, October 8; 10 a.m. at the Rolling Meadows rest stop**, about 1/4 mile south of the golf course on Rolling Meadows Drive. The ride will be 9 to 10 miles round trip along Hickory Street Road to Hobbs Woods. After a short hike, return to Rolling Meadows Restaurant for lunch. Please call 322-3630 to register. 50¢ donation. Cancellations on ride day, call Caroline Dilling at 922-3561 by 9 a.m.

## TAI CHI

An 8-week session will start on October 28 and end on December 16. Classes meet **Tuesday mornings from 9—10 a.m.** The cost is \$45 for eight weeks. Participants should wear loose comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.



## EXERCISE CLASSES LOW IMPACT CHAIR EXERCISE

With **Jaime Roth**

**Mondays 9:00 – 9:30 a.m.**

Sponsored by **All About Life Rehabilitation Center**

## CHAIR EXERCISE VIDEO

**Wednesdays 9:45 – 10:15 a.m.**

Sponsored by **Lutheran Homes and Health Services**

## Are You Interested in a Walking Class?

If you would like to do an indoor video class, contact Jean, Kathy or Cecelia and we will get you set up to start walking on a weekly basis.

## OTHER EXERCISE

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

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

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

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

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

**Zumba Gold**.....Monday evenings 5:30 to 6:30 p.m.  
Call 920-606-9078 for information.

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Heartland Hospice

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

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

**Friday, October 10; 9—10 a.m.**

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

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab – of Agnesian HealthCare

Lipid Panel + Glucose screening

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

*2nd Tuesday in May, November*

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

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

**Thursday, October 9, 23, 30**

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

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

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment; Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

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

Owner of Country Doctor

**Tuesday, October 28; 10 a.m.—4 p.m.**

*Usually 4th Tuesday of the month*

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

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

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

*2nd Tuesday in May, November*

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, October 23; 6:30—8:00 p.m.** *(4th Thursday)*

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

### DIABETIC SUPPORT GROUPS

**Tuesday, October 21; 4:00—5:00 p.m.** *(3rd Tuesday)*

Aurora Health Care Center, 210 American Drive ~ American Room

**Tuesday, October 14; 6:00—7:00 p.m.**

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

### GLUTEN FREE SUPPORT GROUP

**Friday, November 14; 9:00—10 a.m.**

Agnesian HealthCare Journeys, 430 E. Division Street

### PARKINSON'S SUPPORT GROUP

**Monday, October 13; 10:00—11:00 a.m.** *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER

**Tuesday, October 14; 8:30 a.m.** *(2nd Tuesday of the month)*

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

# HEALTH & WELLNESS



**What's It Like? The World Through the Eyes of Someone with Alzheimer's Disease**

**Thursday, October 9; 9—10:15 a.m.**

This presentation explores what is happening to the brain when affected by Alzheimer's disease. Interactive experiential exercises allow participants to feel what it might be like to have the disease. Insights from those who have the disease are discussed throughout the program. Ginny Nyhuis will lead this interesting, program.

Please call 322-3630 to register.

alzheimer's  
association

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

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.



**Mark Your Calendar!**

**Flu Shots**

**Thursday, October 30; 8—10 a.m.**

**Senior Wellness Morning**

**Friday, November 14; 9—11 a.m.**

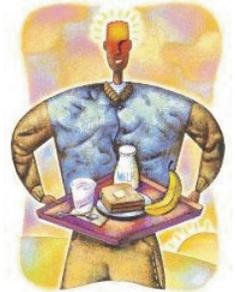
**Pancake Breakfast**

**Friday, November 21; 8 a.m. — 1 p.m.**

**Breakfast for the Brain**

Use it or lose it . . . Improve your brain's health. This is a fun interactive workshop facilitated by Nan Baumgartner for active adults like you. The program will be held from **10-11:30 on Tuesdays, October 7, 14 and 21 and Fridays from 11 a.m. to 12:30 p.m. on October 10, 17 and 24.**

The cost is \$15 and enrollment is limited. It is co-sponsored with Lutheran Homes & Health Services and will be in the Atrium at 244 N. Macy Street. Please come to the Senior Center to sign up and reserve your spot. First time attendees will be given priority.



**Senior Outreach Program Training**

**October 20, 21 and 24; 9-11a.m.**

Do you like people? Want to make a difference in a lonely senior's life? Have six hours a month that you could volunteer? See page 5 for training details. Please call 322-3630 to register.



## SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*

### COMMUNITY CARES

Volunteers will visit St. Francis Home, 33 Everett Street, **Tuesday, October 28, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, please call 322-3630. A small gift is provided for residents by the Senior Center.



### SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, October 9, at 9 a.m.** (Note: this is the second Thursday) Ginny Nyhuis will present "What's it Like? The world Through the Eyes of Someone with Alzheimer's Disease" At the conclusion of this very interesting program, volunteers will meet to submit reports, share concerns and encourage one another. Mark your calendars so you don't miss this opportunity.

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

# MOVIE OF THE MONTH

## “OZ, The Great & Powerful”



**Two showings: Monday, October 13  
Thursday, October 23**

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

**October 13 Menu:** Cranberry pork cutlet, escaloped potatoes, spinach salad with raspberry vinaigrette, applesauce, cookie, bread, milk

**October 23 Menu:** Pork Jaegerschnitzel, mashed potatoes, red cabbage, fruited gelatin, cookie, onion rye roll, milk

### **12:30 p.m. Movie: “OZ, The Great & Powerful”**

*2013 movie; Adventure/Family/Fantasy, 2 hrs 10 mins; PG. Starring: James Franco, Michelle Williams, Rachel Weisz*

A small-time magician is swept away to an enchanted land and is forced into a power struggle between three witches.

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

# EXERCISE

## Join the **SENIOR CENTER HIKERS**

Tuesdays & Thursdays at 10 a.m.

**Oct. 2 - Hobbs Woods:** meet in log off Hickory St. south of Hwy. B

**Oct. 7 - Eisenbahn Trail—Eden:** carpool from Blue Line Hockey parking lot

**Oct. 9 - Pebbles Trail:** park on Prairie Road north of Lakeshore School by trail

**Oct. 14—Oakfield Wild Goose Trail:** carpool from Wild Goose Trail lot in FDL off Rolling Meadows Drive

**Oct. 16—FDL Trail:** park on Dixie between Hickory and Morris near county garage

**Oct. 21—Dike Rd.:** 000 or 00 to I, north on I, west on Dike Road to parking lot

**Oct. 23—Lakeside Park:** lot along Harbor Drive by ball diamonds. Lunch at Wendt's (optional)

**Oct. 28—Downtown River Walk:** meet in lot across from St. Paul's Cathedral

**Oct. 30—Lallier Park:** meet along National Avenue near 4th Street

*In case of rain, we will walk in Forest Mall.  
Meet inside by Staples.*



## **BEGINNING YOGA**

**Thursdays, October 23—December 4  
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—\$44.25**

**Course #: 807-600-21384**

**Dates: Thursdays**

**Oct. 23, 30, Nov. 6, 13, 20, Dec. 4**

**Time: 10:30—11:30 a.m.**



Register for these classes at MPTC in person (use the C-1 Main Entrance) or by telephone at 922-8611 (ask for registration desk). You will need the course number when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged.

## It's all about Family & Friends



Justine Krause brought her grandchildren Khally and Bryson Olson, brother Randy Redlin, and friend Virginia Erdman to the Senior Center's Summer Social & Raffle for BINGO, custard and fun.

## **BEGINNER DANCE LESSONS**

**Monday Nights**

**7:00 p.m.**

**Fond du Lac Senior Center**

*Kick your heels up  
And have a little fun!*



Julie Wilson from Shut Up & Dance holds beginning dance lessons at the Senior Center Monday evenings at 7:00.

No dance experience, pre-registration, or partner is required. Start anytime, no need to wait until the 1st of the month.

**Waltz, Tango, Fox-trot,  
Cha Cha, Rumba, Swing,  
Mambo, Country  
and more!**

Dance styles change monthly.

For more information call Julie at 920-979-3434.

# RECREATION

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

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

## ART CLASSES

Tuesday AM & PM See page 17

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday (odd months): Rienzi Cemetery

1st Tuesday (even months): TBA

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): FDL Lutheran Home

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Shepherd Law Office

4th Tuesday (even months): TBA

5th Tuesday: TBA

## BOOK CLUB

3rd Monday at 9:30 a.m.

Oct. 20 *The Book Thief* by Markus Zusak

Nov. 17 *Hatchet* by Gary Paulson

*Book synopses available at front desk.*

*New members welcome.*

## BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

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

Thursdays at 12:45 p.m.

## CANASTA

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

## CHORUS

Red Hat Honeys & Singing Classes

## COIN CLUB

2nd Tuesday at 6:30 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Gerry Krebsbach 921-9509 for info.

## FLY TYING CLUB

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

## GERMAN CLUB

Mondays at 1:00 p.m.

## HAND & FOOT (Card Game)

Wednesdays at Noon

## HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

## LINETTES (EZ Line Dancing)

Call for info 322-3630

## MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

## POKER

Mondays at 1:00 p.m.

## POOL Open Pool daily

Leagues

8-Ball Tuesdays 8:30 a.m.–12:30 p.m.

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

## QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

## RED HAT HONEYS

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

## ROMEOS

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

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

Thursday, October 2

FDL American Legion

*Call the Center to pre-register!*

## SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

## Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

*Jack of Diamonds*

Wednesdays and Fridays at 1:15 p.m.

*Black Queens*

## SKAT

Tuesdays at 9:00 a.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

*You MUST call the Center if attending.*

Saturday, October 18

Sebastian's

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

## WACKY RACES

Last Tuesday of month at 3:00 p.m.

## Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play (September–April)

Subs also needed for league play

## WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

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

Dave Jackson at 923-5233 for more info.

## WOODCARVERS GROUP

Mondays at 9:00 a.m.

## WRITERS GROUP

Fridays at 1:00 p.m.

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

*New members welcome!*

# Fond du Lac Senior Center Friends Christmas Party

OPEN TO ALL FRIENDS MEMBERS!

Monday, December 8, 2014

KC HALL

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

Entertainment following dinner: "Fondy High School Chorus"

## Menu is a choice of 2 entrées:

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

**\$14.50 per person**

Firm deadline to register is Wednesday, November 26

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

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

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

NAME \_\_\_\_\_  Baked Chicken **OR**  Meatloaf  
\$14.50

NAME \_\_\_\_\_  Baked Chicken **OR**  Meatloaf  
\$14.50

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

Make check payable to: Friends, Inc.

**CUT THIS RESERVATION FORM AT THE DOTTED LINE AND DROP OFF OR MAIL IN WITH PAYMENT.  
LIMIT OF 250 SO PLEASE REGISTER ASAP!**

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

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

# 2015 MEMBERSHIP DRIVE & GROUP DISCUSSION

## 2015 FRIENDS MEMBERSHIP DRIVE

*November —December 2014*

Renew your membership or join Friends between November and December. If you renew or join by December 31, you have a chance to win \$100 and other nice prizes!



Come to the Arts, Antiques and Craft show on November 8th from 9:00-1:00 p.m. and renew your membership and get a special bonus! 2015 Dine Out Coupon Books will also be available for purchase that day.

16

## “DOWNSIZING YOUR TREASURES”

### GROUP DISCUSSION WITH ELYSE

Wednesday, October 29  
10:00-11:00 a.m.

Elyse Allar, Senior Center counselor, will hold a group discussion on the topic of “Downsizing your Treasures” Over the years we accumulate lots of things, maybe too many things.



How do you decide what to keep and what to give away? Parting with “treasures” can be emotionally difficult. Come chat with others going through the same situation.

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

*Special thanks to Lutheran Social Services  
for this partnership!*

# EXPLORE YOUR CREATIVE SIDE

## ART & RECREATION CLASSES

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

Class	Day	Time	Weeks	Cost
<b>Acrylic &amp; Oil Painting</b> October 28, November 11, 18, 25	Tues	10–noon	4	\$16
<b>Drawing &amp; Watercolor</b> October 28, November 11, 18, 25	Tues	12:45–2:45 pm	4	\$16
<b>Mixed Media</b> October 28, November 11, 18, 25	Tues	3–5:00 pm	4	\$16
<b>Open Sewing Lab</b> Sign up any time for next class: October 1, 8, 15, 22, 29	Wed	3:30–6:30 pm	5	\$15
<b>Country Line Dancing</b> October 23, 30, Nov. 6, 13	Thurs	6–7:30 pm	4	\$10
<b>Beg. Country Line Dancing</b> October 4, 11, 18	Sat	10-11:30 am	3	\$7.50
<b>Singing</b> November 11, 18, 25, December 2, 9, 16	Tues	10-11 a.m.	6	\$25

## BOB ROSS PAINTING CLASS

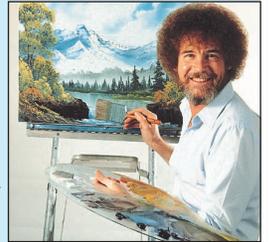
**Saturday, October 11**

**9 a.m.—5 p.m.**

**Dorothy Curry, Certified Bob Ross Painting Instructor**

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

Participants should bring a 16" x 20" canvas (preferably a Bob Ross or Frederick canvas – available at Michael's Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvases will also be available for a \$10 fee payable to Dorothy on that day (please indicate when you sign up that you would like to purchase a canvas). Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate.* Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. The cost for the class is \$60 and must be paid at the Senior Center front desk at the time of registration. Space is limited to 10 students, so *register as soon as possible.*



**NO art experience needed. Explore your creative side!**



## CARD MAKING CLASS with Jana Secord

**2nd Tuesday of each month**

**Next class: Tuesday, October 14  
Fall Leaves and a Christmas Card**

**3 sessions to choose from:**

**3:15–4:45 p.m., 5:15–6:45 p.m. or 7–8:30 p.m.**

Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. **To register, contact Jana at 920-979-5262 by 6 p.m. Oct. 13. Early reservations are appreciated.**

## Journaling

**Wednesday, October 22  
10:00-11:00 a.m.**



Barbara Lukas will speak on the different types of journaling, reasons for, and benefits of journaling. She will also explore the interest of the participants in starting a journaling group. Call the Senior Center to register.

## ARTIST OF THE MONTH

**October: Joan Meier**

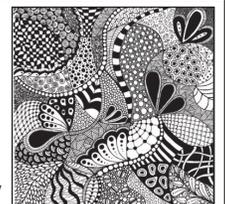
An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!



## ZENTANGLE

**Taught by Catherine Block**

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. **Call 322-3630 for class date and to register.**



# 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—any age. Pick up a "What's Buzzin'" newsletter at the front desk to see details about chapter activities.

## Still NO new Queen Bee!

I think someone may need an arm twisted. Which Red Hatter is willing to step up to wear the crown for the rest of the year and carry her fly swatter scepter? Join the royal family and our Queens Club!

Here's something fun:

## Granny's Spooky Bowling & Lunch

Tuesday—October 14

11:00 Social / 11:30 Lunch

Ledgeview Bowling Lanes

Anyone can bowl in the Granny Bowl from standing, sitting, and bending over and rolling the ball from between your legs. This is all about fun. Dressing in a comfy casual costume is optional.

Cost is \$12 and includes 2 games, shoes, and LUNCH! Register in the 3-ring binder by October 7th and check out the details of the activity. Special thanks to these Hostesses: LaVerne Kabat, Gloria Pfeifer, and Cathy Stratz



**18**

# THIS 'n THAT

## Craft & Gift Shoppe

OPEN TO THE PUBLIC

Monday—Friday 9 a.m.—4 p.m.

*Or by appointment evenings & weekends!*

## Get Your Home Ready For Fall!

Come browse our assortment of beautiful fall-themed table runners, placemats, kitchen towels and more. Feeling the chill in the air? Warm up with an assortment of delicious soup mixes!



*Stop in and see Delores or one of our other friendly Craft Shoppe volunteers.*

# 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 / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
----------	-----	------	--------------	------	------------	------------	------------	------------

### COMPUTER BASICS 1

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

103-483-30802	M, F	Jan 12, 16, 19	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.00	\$34.55
---------------	------	----------------	--------	----------------	---------	-----------	--------	---------

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Registration starts December 2.

### COMPUTER BASICS 2

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

103-485-30822	M, F	Jan 23, 26, 30	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.00	\$34.55
---------------	------	----------------	--------	----------------	---------	-----------	--------	---------

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Registration starts December 2.

### COMPUTER BASICS 3

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

103-490-30827	M, F	Feb 2, 6, 9	3 days	9:00 a.m.—Noon	9 hours	A. Mielke	\$4.00	\$34.55
---------------	------	-------------	--------	----------------	---------	-----------	--------	---------

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Registration starts December 2.

### COMPUTER BASICS 4

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

103-491-30922	M, F	Feb 16, 20, 23	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.00	\$34.55
---------------	------	----------------	--------	----------------	---------	-----------	--------	---------

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Registration starts December 2.

### COMPUTER BASICS 6

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

103-474-21375	T, R	Oct 14, 16	2 days	9:00 a.m.—Noon	6 hours	J. Brueggeman	\$4.50	\$23.38
---------------	------	------------	--------	----------------	---------	---------------	--------	---------

Expand your knowledge of computers in this hands-on open lab. Practice keyboarding and review skills learned in Computer Basics for Beginners 1-5. Textbook optional.

# MPTC BASIC & RECREATIONAL COMPUTER CLASSES

## BEGINNING DIGITAL CAMERAS

203-640-21379	M	Nov 3	1 day	9:00 a.m.—1:00 p.m.	4 hours	A. Mielke	\$20.40	\$25.70
---------------	---	-------	-------	---------------------	---------	-----------	---------	---------

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

## INTERMEDIATE DIGITAL CAMERAS

203-641-21376	T	Nov 4	1 day	9:00 a.m.—1:00 p.m.	4 hours	A. Mielke	\$20.40	\$25.70
---------------	---	-------	-------	---------------------	---------	-----------	---------	---------

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

## SENIOR CENTER NEWS



### MILK CARTONS ARE RECYCLABLE

**Drink Rinse Recycle**

When dining at the Senior Center, please recycle your milk cartons. A volunteer will take care of your milk carton, if you leave it on the designated tray in the dining room.



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

### FLU SHOT CLINIC

Thursday, October 30  
8:00-10:00 a.m.

Fond du Lac Senior Center

**NO APPOINTMENT NEEDED Just come!**

## HO HO HOTLINE 17 Volunteers Needed!

Many volunteers are needed to answer the telephone in December for ONE HOUR with our community service program: Ho Ho Hotline. Would you be willing to chat briefly with local children when they call to talk to Santa or Mrs. Claus and share their "wish lists"? Both men and women are needed. The Hotline days will be Monday through Friday, December 1-23. The 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. We need 17 volunteers! The children—and seniors—loved it last year!



## SERVICES & FUNDRAISERS

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

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

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

WE  
ARE  
HERE  
— TO —  
HELP

**KWIK**

**TRIP**<sup>TM</sup>

### SUPPORT THE SENIOR CENTER BY BUYING GAS AND FOOD AT KWIK TRIP!

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

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

***What a great way to support the Senior Center!***

### SATISFY YOUR SWEET TOOTH with SEROGY'S CANDY BARS!

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

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





# COMMUNITY ANNOUNCEMENTS

## AARP MEETING

Thursday, November 20

Guest Speaker: Julie Hilbert

Benefits Specialist Department of Social Services

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

## AARP NEW CHAPTER MEMBERSHIP

Chapter 614

November 1 through December 31

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

## AARP CHRISTMAS PARTY

December 17

The annual AARP Christmas Party will be held at the North Fond du Lac Community Center. Registration forms can be picked up at the Fond du Lac Senior Center. See November newsletter for more information.



### DON'T FORGET TO GET YOUR FLU SHOT!

Thursday, October 30 8:00-1:00 a.m.

Fond du Lac Senior Center

No appointment necessary.

## RETIRED TEACHERS AND OTHER QUALIFIED ADULTS NEEDED TO TUTOR HIGH SCHOOL STUDENTS

Marian University is seeking math, science and English tutors for their Upward Bound Math and Science program.



Upward Bound is a federally-funded program that serves high school students. It is a college-readiness program with emphasis in providing programming to expose students to various math and science careers. It also provides assistance to help them succeed in those subject areas in high school.

If you are interested in this opportunity, contact Garry Moise, at [gmoise@marianuniversity](mailto:gmoise@marianuniversity) or call 923-8621.

## COMPLIMENTARY TICKETS

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



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

For more information contact 322-3630.

## NOTE TO SENIOR CENTER VOLUNTEER GROUP COORDINATORS:

We're in the process of updating our information on each group/program that regularly meets at the Senior Center. Please fill out a new "Contact Information" form. The form will be in each group's yellow folder at the front desk. Please leave the completed form at the front desk by November 1.

## TRIAD MEETING

Thursday, October 23; 1:00 p.m.

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

## Lutheran Homes & Health Services

is proud to present



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

When: 3rd Friday of every month  
(Oct. 17, Nov. 21, Dec. 19)

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

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

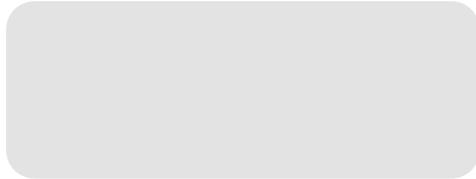


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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

ADDRESS SERVICE  
REQUESTED



# FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

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

#### TRAVEL COORDINATOR

*Mary Schneider* 322-3635

#### CO-WELLNESS COORDINATORS

*Jean Holzman* 322-3636

#### CRAFT SHOPPE COORDINATOR

*Pat Lefeber* 322-3638

#### BOOKKEEPER

*Pat Heyer* 322-3639

#### OFFICE ASSISTANT

*Cecilia Lynch* 322-3639

#### PROGRAM COORDINATOR

*Cathy Halfmann* 322-3633

#### MARKETING/FUND COORDINATOR

*Joan Brezinsky* 322-3640

#### CENTER CARETAKER

*Bob Rose* 322-3630

#### COUNSELOR

*Elyse Allar* 920-225-1713

### FRIENDS BOARD OF DIRECTORS

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

### SENIOR CITIZEN ADVISORY COMMITTEE

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

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

Wisconsin  
Association of  
Senior  
Centers



### MISSION

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

### VISION

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