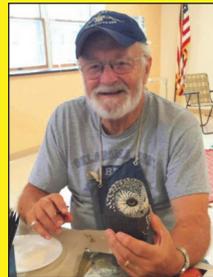


Among Friends



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

SEPTEMBER 2014

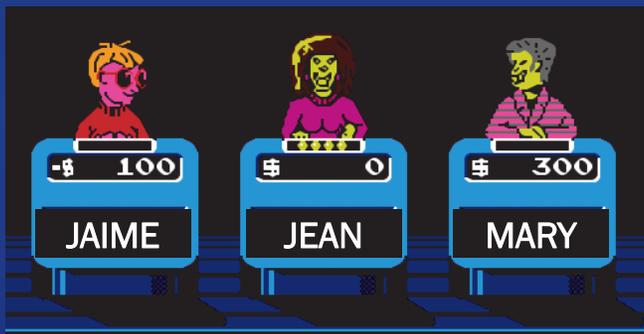
~ Proudly serving the seniors in the Fond du Lac community for almost 50 years! ~

SENIOR WELLNESS MORNING

Friday, September 12
9:00-11:00 a.m.

We make
wellness fun!

10:00 – 11:00 **HEALTHCARE JEOPARDY!**



We'll explore the seven dimensions of wellness in a lively, fun way!

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

"I'll take Good Health for \$1,000"

9:00-10:00

- HEALTH SCREENINGS:

Hearing, Blood Pressure, Blood Sugar (fast required)

- VENDOR BOOTHS:

Learning in Retirement, RSVP, Caption Call, ResCare, Above & Beyond, Comfort Keepers, Heartland, All About Life—Therapy, Agnesian Health Shoppe, Walk to End Alzheimer's

COMMUNITY CRAFT FAIR

SEPTEMBER



2014

A Free Monthly Publication
Vol. 5 • No. 9

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... dwinkelman@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.fdl seniorcenter.com

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

Community Craft Fair

Saturday, November 8

9 a.m.—1 p.m.

Fond du Lac Senior Center

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

- ◇ ARTS – paintings, woodworking, jewelry & more
- ◇ ANTIQUES – vintage keepsakes and all things old
- ◇ CRAFTS – special hand-crafted items
- ◇ SNACKS– homemade goodies, sundaes, or popcorn
- ◇ PUZZLES – at reasonable prices (gently used)
- ◇ DOOR PRIZES – gift baskets & more

**FEATURING AREA CRAFTERS, ARTS
& ANTIQUE VENDORS**

Watch for more details in the October newsletter!

OPEN TO THE PUBLIC – ALL AGES WELCOME!

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 United Way.
LIVE UNITED!



A BIG

THANK YOU

to everyone who
purchased raffle tickets!

Friends of the Fond du Lac Senior Center	
RAFFLE	
NAME	_____
ADDRESS	_____
CITY	_____
PHONE	_____
0000	0000

We raised over **\$11,200** for the Senior Center.
See the October newsletter for a list of winners!

SENIOR DINING OPPORTUNITIES

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.

Sept. 2 Sunset on the Water; Sept. 9 Parnell's
Sept. 16 Blanck's Lake Aire; Sept. 23 Cool River
Sept. 30 Sebastian's



GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

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

SENIOR CENTER SUPPER CLUB

Dutch Treat. Everyone welcome! You **MUST** call the Center if attending.

Friday, September 19: Players

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

FOND DU LAC COUNTY SENIOR DINING

The Fond du Lac Senior Center is a meal site for the Fond du Lac County Senior Nutrition Program, serving lunch every Monday—Thursday at 11:45 a.m. Registration is required by calling 929-3927 by 1 p.m. at least one day in advance or at the Senior Center. **See the "Services" page at www.fdlseiorcenter.com for more information.**

Newsletter Crew

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

Newsletter Deadline

The deadline to submit something for the October *Among Friends* newsletter is Friday, September 5. 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 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.



The One You Depend On

DRIVING SAFETY

ROUNDBABOUT SAFETY

Thursday, September 18
10:00 a.m.

Randy Asman,
Wisconsin Department of Transportation

Fond du Lac
ROUNDBABOUT
SAFETY

Like them or hate them, roundabouts are here to stay. Newly constructed roundabouts are now open in Fond du Lac. Are you prepared to navigate them correctly?

Driving through an intersection can go from a relatively simple task to a fatal incident in a heartbeat. To help lessen the probability of a serious incident, some intersections are being redesigned into the newest form of an intersection – roundabouts. They can be a challenge to learn if you don't completely understand them. Education is such an important part of understanding and navigating roundabouts.



With this in mind, the Senior Center is presenting this FREE program on **Roundabout Safety: Roundabouts and How to Use Them**. The public is invited to attend. Don't miss this valuable safety program: **Thursday, September 18, at 10:00 a.m., at the Fond du Lac Senior Center.**

You will leave with an understanding of how roundabouts work and what you need to do to navigate them safely. Register by calling 322-3630.

After the presentation, sign up for hands-on roundabout training in your own vehicle!

CarFit offered at Senior Center

Wednesday, September 24, 9-11 a.m.



Personal mobility is critical to safe driving. As we age, changes in our vision, flexibility, strength, range of motion, and even height, may require vehicle modifications to help us feel more confident and comfortable behind the wheel. The CarFit Program could help.

CarFit, is a national program designed to give a quick comprehensive check on how well an older driver and their vehicle work together. Trained volunteers will review a CarFit check list for a better “fit” for the driver which will provide the driver with greater comfort and better vehicle control.

A 15 minute appointment is needed and can be made by calling 322-3630. Seniors will drive their car to the Senior Center, 151 E. 1st Street, to the back parking lot on Gillett Street. The driver remains in their car while the volunteers take the driver through an observation and questionnaire session.

Participants will receive a coupon for a free A&W root beer float!



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 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.



Retirement Ahead!
Baby Boomers
Retirement Planning Series

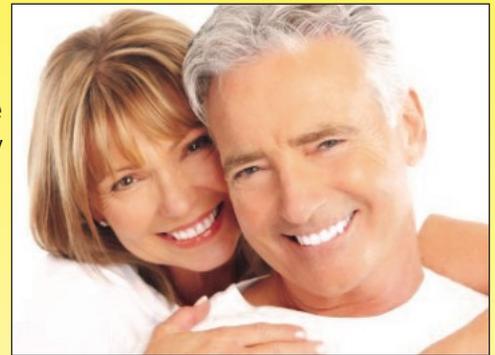
Tuesdays, September 2, 9, 16 and 23 at 6:00 p.m.

“As in all ventures, the foundation of a good retirement is planning.” ~ Earl Nightingale

In today's world, retirement can be quite daunting if not planned. Join the Fond du Lac Senior Center for this **FREE four-part retirement planning series** where you will learn useful tips and pitfalls to avoid so you can put together a personalized strategy for retirement.

If you are unsure of what your life in retirement will look like, or are wondering how to start planning for your retirement, this Baby Boomers Retirement Planning Series is for you!

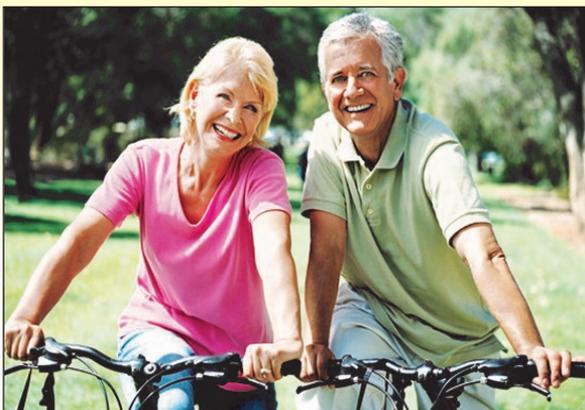
Our guest speakers for this series of presentations will be:



- **Ben Baertschy**, Financial Adviser with Edward Jones
- **Terrence Gaffney**, Attorney with Colwin and Sager Law Office
- **Julie Hilbert**, Benefit Specialist with the Department of Senior Services
- **Senior Center Staff** & representatives from volunteer agencies will hold a panel presentation

Each week, one of our speakers will cover different topics including: **investments; insurance; taxes; wills; trusts; probate; Medicare; Social Security and even lifestyle.** Our goal is to provide you with the necessary tools to work out the logistics so you can enjoy retirement to the fullest.

Door Prizes & Refreshments



Open to the public. All ages are encouraged to attend because you're never too young to start planning!

Fond du Lac Senior Center
151 E. 1st Street
Tuesdays, September 2, 9, 16 and 23
6:00 p.m.

To register, call the Senior Center at 322-3630.

Please tell your friends and children who are nearing retirement about this informative series!

FUN AND GAMES

WISCONSIN J-I-N-G-O

(Bingo-type game)

Thursday, October 2, 1:00 p.m.

Refreshments will be served.



Come play Jingo and test your knowledge of fun facts and trivia about Wisconsin!

Call 322-3630 to register.

WACKY RACES

Tuesday, September 30

(last Thursday of every month)

3:00 p.m.

Wacky Races is a fun game of chance. It's like going to the horse races, except we race something wacky each month. Call the Senior Center to register.

Apple races this month.

An apple dessert will be served. Yummy!



Like shaking dice? Come Play BUNCO

Thursday, September 18, at 1:30 p.m.; Fond du Lac Senior Center

Call 322-3630 to register. Refreshments will be served.



Bunco Party



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.

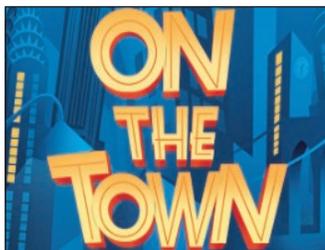
The Marriott Theatre

Lincolnshire, IL presents . . .

"ON THE TOWN"

Wednesday—October 8 \$69

Leaving: 9:00 a.m. Home: 7:00 p.m.



It's 1944 and three American sailors hit the Big Apple in search of love, fun, and the beautiful "Miss Turnstiles!"

This hysterical musical comedy features an unforgettable score by Leonard Bernstein, and a

hilarious book by Comden and Green. In this whirlwind adventure, sailors Gabey, Ozzie and Chip only have 24 hours to see the famous sights and find romance before they report back to the ship.



CASINO TRIPS



Island Resort and Casino

Tuesday and Wednesday, October 14 & 15, 2014

Cost: \$109

Leave: 8:00 a.m. Tuesday, Home: 7:00 p.m. Wednesday

On our way to the casino, we'll have breakfast at the Pancake Place in Green Bay. On the way home, we'll stop at Sequin's House of Cheese in Marinette, WI and then make a quick stop to pick up your own piece of award winning pie at Wayne's. Your evening meal will be at the Machine Shed in Appleton (Dutch treat). Pick up a brochure at the Happy Travelers office.

North Star Casino

Thursday, November 13

Cost: \$54

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

Dinner at Jim & Linda's

HAPPY TRAVELERS



Fond du Lac Senior Center presents . . .

Pacific Northwest & California

Featuring Washington, Oregon and California

September 21–28, 2015

8 days, 10 meals, depart from Milwaukee
\$2,799 double occupancy

Highlights of this beautiful trip include:

Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Portland Spirit Cruise, Newport, Brandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco.



Itinerary at a glance

Day 1: Westin Seattle, Seattle, Washington

Day 2, 3: Portland Hotel, Portland, Oregon

Day 4: Coos Bay Hotel, Coos Bay, Oregon

Day 5: Eureka Hotel, Eureka, California

*Day 6, 7: San Francisco Marriott Hotel,
San Francisco, California*

Alternative hotels may be used on some dates.



**JOIN US FOR A PREVIEW
OF THIS TRIP!**

**Thursday, October 9
10:00 a.m.**

Fond du Lac Senior Center
Call 322-3630 to register.

Book now
& SAVE
\$100

HAPPY TRAVELERS



Fond du Lac Senior Center presents

Classical Italy

Featuring Rome, Florence & Venice

Thursday, March 19, 2015

12 days, 16 meals

\$4,199 per person double occupancy

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



Itinerary at a glance:

Day 1: Depart U.S. on overnight flight to Europe

Day 2: Arrive in Rome

Day 3: Rome Sightseeing

Day 4: Rome, Pompeii, Sorrento

Day 5: Isle of Capri, Sorrento

Day 6: Sorrento, Orvieto, Florence

Day 7: Florence Sightseeing

Day 8: Florence, Pisa, Padua, Venice, Mestre

Day 9: Venice Sightseeing

Day 10: Venice, Mestre, Verona, Lake Como

Day 11: Lake Como Cruise, Bellagio, Como

Day 12: Como, Milan, Flight Home

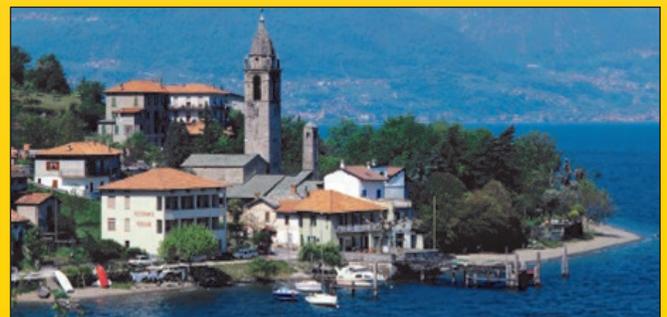
JOIN US FOR A PREVIEW OF THIS TRIP!

Wednesday, September 3
2:00 p.m.

Fond du Lac Senior Center

Last chance to receive
**\$100 EARLY BIRD
DISCOUNT!**

Call 322-3630 to register
or for more information.



SERVICES & PROGRAMS

Do you need a little
“ME TIME”?

GROUP DISCUSSION WITH ELYSE

Wednesday, September 17
10:00-11:00 a.m.

Elyse Allar, Senior Center counselor, will hold a group discussion on the topic of “Me Time.” Are you so busy that you never have time for yourself? It’s important that we make time to take care of ourselves!



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

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



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.



BAGELS WITH BEN

Ben Baertschy, Financial Advisor with Edward Jones Investments, has arranged to have Mike Dearth from Invesco give a market update and discuss investing strategies on Friday, September 12, at 9 a.m. Stop by the Senior Center for this informational presentation. Bagels from The Bagelmeister. Free to attend. Call 322-3630 to register.

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 fun 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 fun afternoon!



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

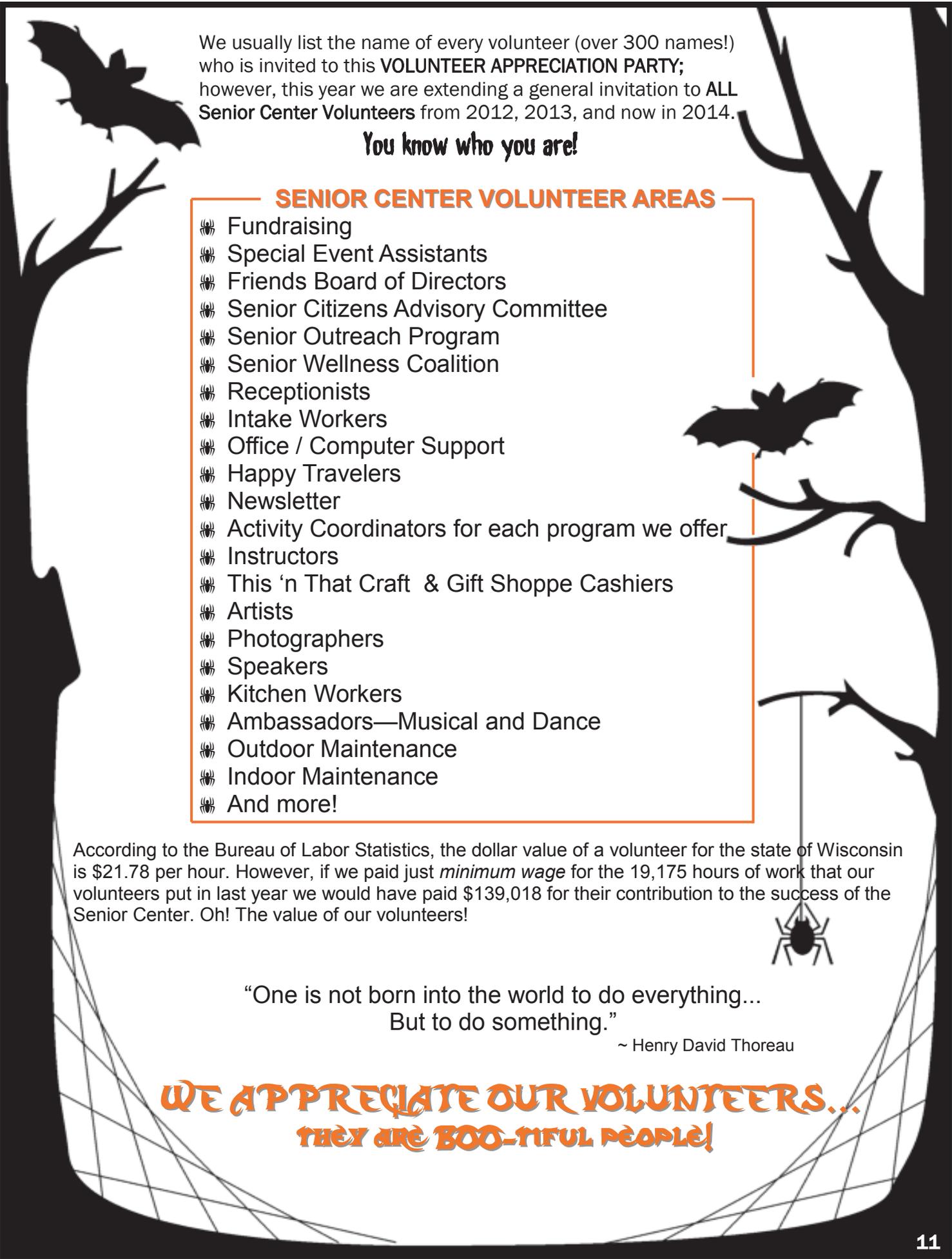
Due to the Improvement Project and other circumstances, we have not held a Volunteer Appreciation Party since our baseball party at Theisen on July 13, 2012. If you have volunteered at the Senior Center in 2012, 2013, or are currently volunteering, **YOU ARE INVITED TO ATTEND THIS THANK YOU CELEBRATION!**

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
- 🕸 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!



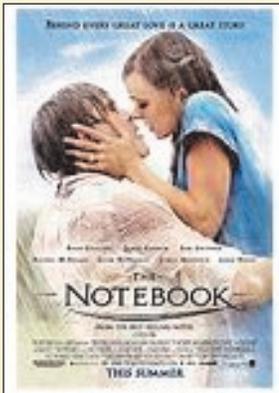
“One is not born into the world to do everything...
But to do something.”

~ Henry David Thoreau

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

MOVIE OF THE MONTH

“THE NOTEBOOK”



**Two showings: Wednesday, September 10
Monday, September 22**

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

September 10 MENU: Baked chicken, twice baked style potato, copper penny salad, pear slices, cinnamon roll, bread, milk

September 22 MENU: Ham rolls, squash, health slaw, pear slices, cookie, sliced bread, milk

12:30 p.m. Movie: “The Notebook”

2004 movie; Drama/Romance, 2 hrs 3 mins; PG-13. Starring: Gena Rowlands, James Garner, Rachel McAdams

A poor and passionate young man falls in love with a rich young woman and gives her a sense of freedom. They are soon separated by their social differences. However, their differing social class, World War II, time, and memory loss can't keep them separated.

Register for lunch and movie separately. Call 929-3937 before 1 p.m. Sept. 9 or Sept. 21 for lunch. Call 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.*

HEALTH & WELLNESS

September Bike Ride

Join our bike riders on **Wednesday, September 10, at 10 a.m. at the DeNeve Shelter in Lakeside Park.** The ride will be 8 to 10 miles on an unpaved trail to Taycheedah and Sandy Beach. Please call 322-3630 to register. 50¢ donation. Cancellations on ride day, call Caroline Dilling at 922-3561 by 9 a.m. Rain date: September 17.



TAI CHI

An 8-week session will start on Wednesday, September 2, and end on Tuesday, October 21. 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

Men & Women Welcome!

Wednesdays 9:45 – 10:15 a.m.

Sponsored by *Lutheran Homes and Health Services*



WALKING CLASS

Meets every Monday afternoon (Room 3) and Thursday afternoon (Activity Room) at 3:45 p.m. For comfort, wear walking shoes. 50¢ Donation.



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 & location.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Manorcare Health Services

Friday, September 12; 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, September 12; 9—10 a.m.

No appointment needed; Donations accepted. *12-hr 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, September 4, 11, 18, 25

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, September 12; 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, September 23; 10 a.m.—4 p.m.

Usually 4th Tuesday of the month

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

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

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

2nd Tuesday in May, November

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

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday; September 25; 6:30—8:00 p.m. *(4th Thursday)*

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

DIABETIC SUPPORT GROUPS

Tuesday, September 16; 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

Tuesday, September 16; 6:30—8 p.m.

Fond du Lac Senior Center, 151 E. First Street

PARKINSON'S SUPPORT GROUP

Monday, September 8; 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

Tuesday, September 9; 8:30 a.m. *(2nd Tuesday)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

What can you do to prevent falls?

FALLS PREVENTION

Thursday, September 4
10—11 a.m.

Presented by Sherry Vander Ark, PT
Aurora Medical Center.

Sherry will discuss factors that can contribute to falls, the extent of the problem of falls in the elderly, causes of imbalance, and ways to reduce your risk of falling.

Call 322-3630 to register.



SENIOR WELLNESS MORNING

Friday, September 12

9—11 a.m. (See front cover for more information)

9—10 a.m. HEALTH SCREENINGS & BOOTHS

10—11 a.m. JEOPARDY GAME

Sponsored by: Generations Homecare & Hospice



Life Line Screening September 25

Five non invasive screenings will be offered that scan for potential health problems with the heart, arteries, and bone density. Call 1-888-753-6441 for more information or to register.

LOOK GOOD...FEEL BETTER

Wednesday, September 10

10 a.m. — Noon

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!

Senior Outreach Training

Monday, October 20; 9-11 a.m.

Tuesday, October 21; 9-11 a.m.

Friday, October 24; 9-11 a.m.

Flu Shots

Thursday, October 30; 8-10 a.m.



What's Your Gut Telling You?

Friday, September 19, 10—11 a.m.

When stomach problems become more frequent or painful and harder to ignore, you may have a serious but treatable condition. Dejan Dukic, APNP with Aurora Healthcare, will explain how conditions such as ulcers, GERD, IBS, Crohn's disease, and colorectal cancer are diagnosed and treated. Please call 322-3630 to register for planning purposes.

SENIOR OUTREACH PROGRAM



COMMUNITY CARES

Volunteers will visit Fond du Lac Lutheran Home, 244 N. Macy Street, Tuesday, September 23, 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.

SENIOR OUTREACH PROGRAM

Volunteers will meet Thursday, September 4, at 9 a.m. we will meet to submit reports, share concerns, and encourage each other. At 10 a.m. our speaker will be Sherry Vander Ark, a physical therapist at Aurora Medical Center. Sherry will discuss factors that can contribute to falls, the extent of the problem of falls in the elderly, causes of imbalance, and ways to reduce your risk of falling.

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

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): Hospice Advantage
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): Riverside Sr. Apts.
5th Tuesday: Right at Home

BOOK CLUB

3rd Monday at 9:30 a.m.

Sept. 15 *Ready Player One* by Ernest Cline
(Fond du Lac Reads selection)

Oct. 20 *The Book Thief* by Markus Zusak

**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

Meeting Aug. 29 at 10:00 for team set up

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, September 4

Boda's

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.

Friday, September 19

Players

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

Will resume meeting Friday afternoons sometime in September

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

New members welcome! Call for date.

EXERCISE

Join the **SENIOR CENTER HIKERS**

Tuesdays & Thursdays at 10 a.m.

Sept. 2 - Camelot: park on Knights Way by Social Security

Sept. 4 - Lakeside Park: park along Harbor Drive by Ball Diamonds

Sept. 9 - Mascoutin: meet in lot off Rickmeyer Drive north of Rogan's Shoes



Sept. 11 - Downtown River Walk: meet in lot across from St. Paul's Cathedral

Sept. 16 - 151 Bypass Trail: meet at end of lot east of Festival Foods

Sept. 18 - FDL Trail: park on Dixie between Hickory and Morris near county garage

Sept. 23 - Rienzi Cemetery: park in area where you enter cemetery

Sept. 25 - Downtown River Walk: meet in lot across from St. Paul's Cathedral

Sept. 30 - Mascoutin Trail West: park in lot on Hwy. 1 just north of 000 (Scott Street)

In case of rain, we will walk in Forest Mall.

Meet inside by Staples.

16

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.

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
Acrylic & Oil Painting Sept. 2, 9, 16, 23; Session 2: Sept. 30, Oct. 7, 14, 21	Tues	10–noon	4	\$16
Drawing & Watercolor Sept. 2, 9, 16, 23; Session 2: Sept. 30, Oct. 7, 14, 21	Tues	12:45–2:45 pm	4	\$16
Mixed Media Sept. 2, 9, 16, 23; Session 2: Sept. 30, Oct. 7, 14, 21	Tues	3–5:00 pm	4	\$16
Open Sewing Lab Sign up any time for next class: October 1, 8, 15, 22, 29	Wed	3:30–6:30 pm	5	\$15
Country Line Dancing Sept. 25, Oct. 2, 9, 16	Thurs	6–7:30 pm	4	\$10
Beg. Country Line Dancing September 6, 13, 20	Sat	10-11:30 am	3	\$7.50
Singing September 16, 23, 30, Oct. 7, 14, 21	Tues	10-11 a.m.	6	\$25

BOB ROSS PAINTING CLASS

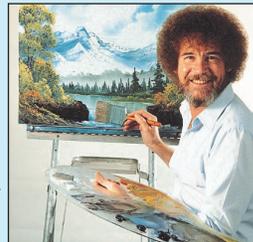
Saturday, October 11

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, September 9
Introduction of holiday catalog

3 sessions to choose from:

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



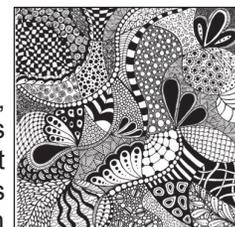
Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. **To register, contact Jana at 920-979-5262 or stampinjana@charter.net**

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.

Classes starting in October. Call 322-3630, stop by the Center in September, or watch the newsletter for dates.



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

September: Judy Stevenson

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



RED HAT HONEYYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

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

**Oh no! No new Queen Bee!
What will we do without Her Royal Highness?**

Watch for the Red Hat Honeyys in the LABOR DAY PARADE!

Red Hat Honey Hostesses are needed to plan ...

- ⇒ 12 Year Chapter Anniversary Celebration
- ⇒ Chapter Christmas Party
- ⇒ Fun Activities
- ⇒ Luncheons

Pick up a newsletter at the front desk to see if any activities have been planned at the last minute . C'mon ladies, let's have some fun!



18

THIS 'n THAT Craft & Gift Shoppe

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

SCORE!

Kick off the football season with a visit to This 'n That Craft & Gift Shoppe. One-of-a-kind handmade Packer, Badger and even Bear items for your home or to give as a gift. Stop in and see us today!



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)
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COMPUTER BASICS 1

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

103-483-30802	M, F	Jan 12, 16, 19	3 days	9:00 a.m.—Noon	9 hours		\$4.00	\$34.55
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

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		\$4.00	\$34.55
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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.

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		\$4.00	\$34.55
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

COMPUTER BASICS 4

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

103-491-21387	T, R, T	Sept 30, Oct 2, 7	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.00	\$34.55
103-491-30922	M, F	Feb 16, 20, 23	3 days	9:00 a.m.—Noon	9 hours		\$4.00	\$34.55

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the

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
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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.

SMART VACATION—TRAVEL WISCONSIN

891-600-21771	R	Sept 11	1 time	1:00—4:00 p.m.	3 hours	K. Beaman	\$20.40	\$25.70
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Discover wonderful opportunities for affordable, fun and interesting vacations for all ages in our own beautiful state.

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

USING CRAIGSLIST

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

103-603-21252	W	September 24	1 time	Noon—4:00 p.m.	4 hours	K. Beaman	\$20.40	\$25.70
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Learn about selling and buying personal items on Craigslist. Topics covered include how to get started, how Craigslist works, understanding the multiple options for listing and paying for items, and developing awareness of security issues.

INTRODUCTION TO USING THE IPAD

103-607-21378	M,T,W	Oct 13, 14, 15	3 days	1:00—4:00 p.m.	9 hours		\$44.25	\$57.50
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Learn how to use the iPad including how to set it up; how to find, install and use apps; how to access the Internet; use e-mail, create files; and tips on performing useful functions and other features. You will need to have your own iPad.

IS THE IPAD FOR YOU?

103-606-21377	W	Oct 15	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.40	\$25.70
---------------	---	--------	-------	----------------	---------	-----------	---------	---------

Learn about the iPad to determine if you could use the iPad instead of a computer. Connect wirelessly to the Internet almost anywhere there is access to a cell tower to send and receive e-mail, read books, take pictures, look at photos, write letters and essays, research family trees, play games, watch movies, and listen to music. Find out what decisions you need to make prior to purchase.

BASIC MICROSOFT EXCEL

103-453-21389	T, W, R	Oct. 28, 29, 30	3 days	1:00—4:00 p.m.	9 hours	K. Beaman	\$4.50	\$35.96
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions onto a worksheet. Create and edit charts and sort and file data. Use drawing tool bar features.

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
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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
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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!

SERVICES

- 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.

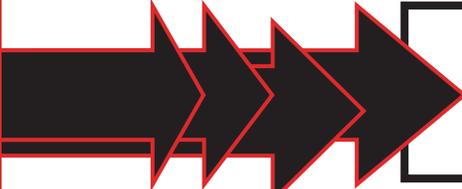
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for 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**



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!



September is National Senior Center Month

Now's the perfect time to bring a friend and show them what you love about the Fond du Lac Senior Center!

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.

BRAIN GAMES

COMMONYMS

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

1. A Ball – A Fish – A Cold

2. A Ball – A Salad – A Coin

3. A Cork – A Question – A Balloon

4. A Bottle – A Baseball Player – A Mushroom

5. A Bell – Mouth – A Shoe

6. A Tug of War – The Nightly News – A Boat

7. Seventeen – Time – People

8. A Basketball Court – A Highway – A Bowling Alley

9. Fog, A Jack – A Body Builder

10. A Hockey Game – A Restaurant – A Bank

Answers: 1. they are caught; 2. they are tossed; 3. they are popped; 4. they have caps; 5. they have tongues; 6. they have anchors; 7. they are magazines; 8. they have lanes; 9. they lift; 10. they have checks.

MUMBO JUMBO

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

RETWEAH

ROSTM

NIRA

DANTOOR

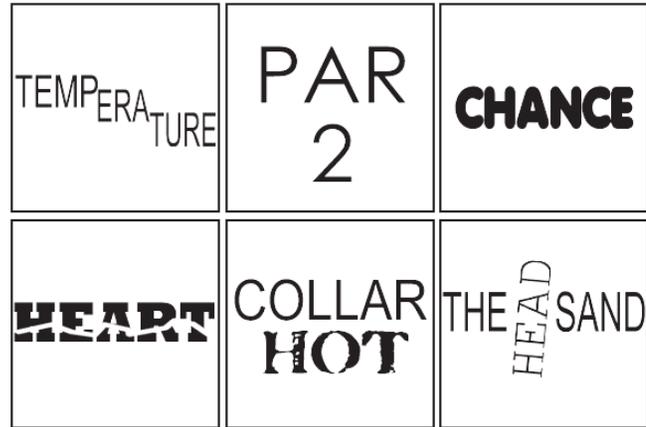
HIAL

MDU

Answers:
Weather, storm, rain, tornado, hail, mud.
Final answer: SUMMER

WUZZLE

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



Answers: Falling Temperature, Two Under Par, Fat Chance, Broken Heart, Hot Under the Collar, Head in the Sand

Names of Flowers Word Search

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

AMARYLLIS CARNATION COLUMBINE
CONEFLOWER CORNFLOWER DAFFODIL
LARKSPUR LAVENDER LILAC
LILY MARIGOLD MIMOSA
PEONY SAFFLOWER SNAPDRAGON
SUGARBUSH SUNFLOWER THISTLE
TULIP WAXFLOWER YARROW

COMMUNITY ANNOUNCEMENTS

AARP MEETING

Thursday, September 18; 1:30 p.m.

Guest Speaker Gabrielle Peterson
Fond du Lac Emergency Government Center

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.

2014 PROJECT HEAT'S ON

Saturday, September 27



Make sure your heating system is safe and reliable for the upcoming winter.

Project Heat's On volunteers will come into your home and will inspect your heating system, change furnace filters, inspect smoke alarms and replace batteries in them.

To qualify:

- Need to be 60 years of age or older
- Homeowner and have a current property tax bill
- Reside in City of Fond du Lac or Village of North Fond du Lac
- Be within the income guidelines:
 - Single \$1,702 monthly/\$20,424 annual
 - Couple \$2,294 monthly/\$27,528 annually

Application deadline is September 15, 2014

To register for this free service, call Julie Hilbert, Benefit Specialist for Fond du Lac County at 929-3521.



The FDL County Falls Prevention Coalition presents

FALLS PREVENTION AWARENESS DAY:

Strong Today, Falls Free Tomorrow.

September 23, 2014

12:30-4:30 p.m.

Lighthouse Christian Church
401 S. National Avenue, Fond du Lac

- 12:30 Registration
- 1:00 Bone Health
- 2:00 Community Safety
- 3:00 Medication Interactions
- 4:00 Wrap up and door prizes

Area vendors will be onsite during the event to offer a variety of health screens and discuss how they can assist you with preventing falls.

To register for this free event, call the Fond du Lac County Aging and Disability Resource Center at 929-3466.

TRIAD MEETING

Thursday, September 25; 1:00 p.m.

Agency Updates from Police Department, Sheriff's Department, FDL County Executive, and many senior agencies. **BE INFORMED!**

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
(Sept. 19, 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!



Aging and Disability Resource Center Newsletter

The Aging and Disability Resource Center of Fond du Lac County provides information on services and resources available to older adults, people with disabilities, their caregivers and the general public. The ADRC will be distributing a newsletter 4 times a year. **If you would like to be put on their mailing list for this newsletter, please call 929-3466.**

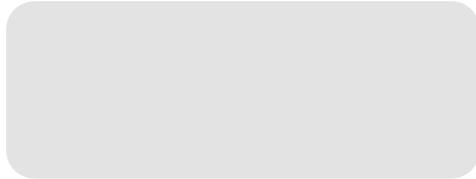


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

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

TRAVEL COORDINATOR

Mary Schneider 322-3635

CO-WELLNESS COORDINATORS

Jean Holzman 322-3636
Sarah Olson 322-3636

CRAFT SHOPPE COORDINATOR

Pat Lefeber 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Cecilia Lynch 322-3639

PROGRAM COORDINATOR

Cathy Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

CENTER CARETAKER

Bob Rose 322-3630

COUNSELOR

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